

## Part 3: At the Pines

This is Part 3 of the story of Manningham U3A which commenced operation in October 1991 as a small and modest organisation with 35 members attending 12 classes. By the end of 1992 there were 150 members and new classes had been added. Ten years later we had over 700 members attending over 80 different courses. 25 years later we were a large and vigorous organisation with over 1800 members attending over 200 classes. Clearly this is a success story, made even more so by the fact that we have not had any paid staff, the whole organisation being run by volunteers.

**Part 1** of the story of Manningham U3A covers the first ten years. That story is told in detail in the publication *1991-2001 A Decade of Achievement* and that publication was used to write the digital version of the Manningham U3A story.

**Part 2** covers the years 2001 to 2007 and is titled *Our Odyssey Continues*.

**Part 3** is about the years 2008 to 2016.

All three parts of the story have a similar structure, one that tells about the main events each year, written in simple language. Readers who are seeking only an outline of what occurred may find that sufficient. Others may want more detail and that is provided by means of hyperlinks which link to copies of original documents. In this part of the story, as in the other two parts, many hyperlinks are included, sometimes to provide documentation without breaking the flow of the narrative, sometimes to add photos or anecdotes.

To use a hyperlink, put your cursor on it and click.

At any time, CTRL and Home takes you back to this page.

For those who seek even more access to original documents, you should access the Project Archives which contains copies of original documents we used as source information.

A description of Manningham U3A in 2008 has been included as a preface to give background to what happened in later years.

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## **Acknowledgements**

Many people have contributed to compilation of the Project Archives and each of the three parts of the Manningham U3A Story. We acknowledge their contributions with thanks.

However, most of the work has been done by Heather Ambrose, Anoop Chauhan, Quintin Coutinho, Leslie Dale, and Bridget Halge who all stayed with the project to completion.



Left to right: Quintin Coutinho, Leslie Dale, Anoop Chauhan, Heather Ambrose. Bridget Halge was not present.

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## 2008

### Manningham U3A in 2008

**In the book *Our Odyssey Continues*, David Jenz, who was president at that time, wrote under the heading Then, Now and the Future. This is a copy of what he said.**

On Friday 30<sup>th</sup> November 2007, Manningham U3A held a special event at the Manningham Leisure Centre. The end-of-year concert and party constituted our farewell to our home for ten years and the symbolism of the buildings and surrounds of the leisure centre did not escape me. The concert was held in the Memorial Hall and the party was held in the Function Room. The Memorial Hall was built in 1920 and has all the charm and atmosphere that was considered essential for a meeting hall at that time. We senior Australians can recall the many functions we have attended in similar halls over our entire lifetime with fond memories. The high stage, the stairs on either side of the stage, the stage curtain, the dressing rooms, the kitchen, the projection box, the high ceilings and the small high windows were consistent features of these community halls.

After the concert we adjourned to the Function Room for the party and here again were more symbols of note. This very modest structure was built about fifty years ago and it has served the community well without too much fuss or charm.

It was obvious to all who attended the tutors' meeting on Thursday 31<sup>st</sup> January 2008 that Manningham U3A had moved into the twenty first century. This was our first event at **The Pines Learning and Activity Centre** where we had air conditioning, comfortable chairs and other quality furnishings, a well appointed office and reception area, automatic double doors, a group of rooms on one level adjacent to one another and a host of other features that we appreciated more and more as the weeks went by. In small ways we are now adding the charm and character to the building that will be our permanent home for many years.

The future of Manningham U3A is assured. Our membership continues to grow rapidly; in June 2007 we had 1208 members and now in June 2008 we have 1346 members. We have a quality permanent home thanks to the Manningham City Council and a wonderful administrative structure thanks to our founders and the many volunteers who have worked tirelessly over the years for the organisation that enriches the lives of seniors. Manningham U3A is the major service provider for seniors in Manningham and our importance will grow even more as the proportion of seniors in our community increases.

## 2008

This description of what happened in 2008 has been included as background to what happened in later years.



The President was David Jensz, Vice President Peter Bishop, Secretary Audrey Killey and Treasurer Bryce Normoyle.

Other COM members were Norm Dodds, Val Evans, Tanya Gogorosis, Bridget Halge and Bill Rennie.

There were 1353 members and 135 classes, of which 26 were new. In addition, access to U3AOnline courses was now available to members.

Graeme Martin and Bridget Halge worked tirelessly to complete the transfer from the Manningham Leisure Centre to The Pines and the first event at the new site was the tutors' meeting on 31 January 2008. President, David Jensz, could be found every day in the corridor, monitoring progress and available to talk and answer questions. The smooth transition from the previous site to The Pines was largely due to their

personal efforts.

In the Annual Report the President referred to difficulties experienced by people desiring access to the Learning and Activities Centre from the car park.

In order to document the changes over the years 2002 to 2007 a Committee of Record was formed to write *Our Odyssey Continues*. The publication was completed and launched in November.

To make better use of the new accommodation the class session times were changed from four to five classes each day.

During the year Les Dale, Bridget Halge and Graeme Martin worked with people from Manningham City Council to develop a directory of activities conducted by organisations within the City. For the first time there was now a complete list of activities available to interested people.

In the August newsletter the story of Cliff James was told, a blind U3A member who, with the aid of help from The Special Needs Support Group (Pearl Lubansky) was now able to participate more fully in class activities.

In November Leong Kwok completed a major upgrade of the software used to record membership and class activities.

The first Carnival of Learning was conducted.

A new system of keeping track of volunteers – who volunteered to do what – was developed by Heather Ambrose and used for then on to help identify volunteers with appropriate skills for responsible jobs.

## 2009

The office bearers were President David Jensz, Vice President Warren Trompf, Secretary Audrey Killey and Treasurer Bryce Normoyle. There were seven [other members](#) and two coopted members.

In 2009 there were 1367 members and 132 [courses](#).

The Committee of Management co-opted Lance Peters to conduct a detailed member survey. The other members of the Survey Committee were Heather Ambrose, Les Dale, Barry Mernagh, Charles Poole and Dawn Walker. In May [a survey](#) was conducted to find out what members thought about Manningham U3A's operations, what suggestions they might have for improvement and how they enjoyed their classes and activities.

In July the survey committee reviewed the Strategic Plan and published the new [Strategic Plan](#) for 2010.

Graeme Martin and Margot Roth received Menzies Australia Day awards for their work with Manningham U3A.

A display cabinet was provided in the corridor for use to display work done in selected classes.

The Golden Quill, Volume 1 was published on 16 October by The Written Word class.

In the August newsletter the death of our first President, Ken Goodman, was recorded.

In October ten classes participated in a combined U3As display entitled Carnival of Learning at Federation Square during Seniors Week.

In November Long Service Awards were given to George Fiedler, Barbara Haye, Dawn Heffernan, Margaret Scott-Pross and Vivienne Sterndale.

## 2010



The AGM was held on 25 August. A new president and committee were elected as follows.

President Bryce Normoyle, Vice President Margaret Salomon, Secretary Alita Mossop, Treasurer Jon Meredith, Committee members Wendy Donovan, Laurine Eames, Lyn Torrens, Margaret Iden, Terry Smith.

In 2010 there were 1495 members and 147 [classes](#). Carnival of Learning displays were provided by U3As in October during Seniors Week with many Manningham U3A classes participating.

Noel Hatton and Don McKelvie received Menzies Australia Day awards for their work with Manningham U3A.

Heather Ambrose was awarded Manningham City Council Citizen of the Year 2009.

Yvonne Thompson was appointed as convenor of a committee to organise our first Summer School classes in January 2011.

A major review of all policies was conducted and a code of conduct was introduced.

Two bookcases were purchased for the library.

## 2011

President Bryce Normoyle, Vice President Margaret Salomon, Secretary Alita Mossop, Treasurer Don McKelvie, Committee members Wendy Donovan, Laurine Eames, Lyn Torrens, Margaret Iden, Terry Smith, Diane Baird, and Margaret O'Connor.

In 2011 there were 1567 members and 160 [courses](#).

2011 was the 20<sup>th</sup> year of Manningham U3A's life and David Jensz was coordinating 20<sup>th</sup> Anniversary Celebrations for either the end of November or early December.

A new award (Distinguished Service Award) was created at the AGM and presented to the following: Margot Roth; Noel Hatton; Carmen Woodward; Audrey Killey; Leong Kwok; Lyn Torrens; Maureen Mitchell; Deirdre Meredith; Graeme Martin and Bernadine Williams.

In July, at the tutors' luncheon, Certificates of Appreciation were presented to the following people: Barbara Haye (20 years); Dawn and Neville Heffernan (20); Lesley Catt (15); Pete Bishop (10); Bruce Ford (10); Roy Griffen (10); Beryl Nichols (10); Lindsay Roberts (10) and Coral Taylor (10).

The March news contained tributes to Norm Dodds, Adelle Harries and Faye Neyland who died recently.

Over the past two years, members of The Written Word class have been busily writing to produce a second volume of The Golden Quill which was launched on Friday, 28 October 2011.

A Special Resolution was passed at the meeting held prior to the AGM which means that the

Committee of Management will now operate and report on a Calendar year basis. The next AGM is scheduled for 29 March, 2012.

On 2 October, Manningham U3A again participated in The Carnival of Learning which the State Government uses as the introduction to Seniors Week. Margaret Salomon; Wendy Donovan, Terry Smith; Sandra Dean; Carmen Woodward; Jane Lixanthopoulos; Lucy DiFiore; Trish Taylor (and class members) and Virginia Mallios (Greek Dancing Group) gave up their time to participate for the day.



## 2012

President Bryce Normoyle, Vice President Margaret Salomon, Secretary Alita Mossop, Treasurer Don McKelvie, Committee members Ruth Foxwell, Lyn Torrens, Terry Smith, Diane Baird, and Margaret O'Connor.

In 2012 we had 1600 members and 152 [courses](#).

In February, approval was given for a working group to evaluate issues which may affect U3A Manningham currently, or in the future. The terms were to: Identify Issues; Suggest Strategies and Develop an Action Plan to manage the issues. The working group had concluded that U3A Manningham had only ONE issue, which is CONTINUOUS MEMBERSHIP GROWTH (it averages 4-5% growth annually).

All the other matters identified such as Waiting Lists; Class sizes; Accommodation, etc, were directly related to the growth issue. This issue had been periodically identified throughout the organisation's 20 years and successfully managed.

Fifteen new computers and monitors were purchased jointly with Pines Learning and installed in Computer Lab 1.

A wheel chair was purchased for use by members. Two mobile mirrors were purchased for use by various classes. A First Aid kit was purchased and a defibrillator was jointly purchased by Pines Learning and MU3A.

Manningham U3A Sexual Harassment Policy and procedures has been written, approved and published. A copy is held in the office. Deirdre Meredith has agreed to be our first Equal Opportunity Officer.

Life membership awards were presented to: Linda Chin; George Fiedler; Barbara Haye; David Lording; Jan Palmer; Vivienne Sterndale; Margaret Scott-Pross and an honorary award to Bill Larkin.

Maira Axtens was our nominee for Victorian Senior of the Year (Health and Fitness) award and Bridget Halge and Joan Creber were our nominees for the Menzies Australia Day awards.

Newsletter delivery by email is to be given a trial period.

Margaret Salomon, Wendy Donovan, Sandra Dean and a small team of helpers worked very hard to support the opening day events at the Victorian Seniors Festival on 7 October. Our members contributed to these events through an Arts and Craft Exhibition, Line Dancing, Singing for Pleasure (members participated in a massed Choir Recital of 450+ U3A singers) and Petanque players. Margaret and her team also encouraged our creative members to exhibit their skills at an 'Artistic Showcase' on 18 October which was enjoyed by members and invited guests from Manningham and some nearby U3As.

The November news contained an expression of our appreciation to two of our longest serving tutors - Barbara Haye and David Lording. After more than twenty years of dedicated service each, Barbara and David announced their 'retirement' in July. Both members have been recipients of the Menzies Award for their outstanding contributions to U3A Manningham (Barbara in 2002 and David in 2006).

The following is from the March newsletter – a tribute to the work being done by our enrolment team.



## We Couldn't Do Without – Our Enrolment Team

The MU3A enrolment process is a model of fairness and efficiency. Each year, Lyn Torrens, John Driver and the enrolment team work hard to set up the guidelines, process applications and enter data. All these people make it possible for members to enrol for classes and volunteer to help at MU3A. For the 2012 year, over 1500 people have been enrolled with more than 4000 placements into 164 classes. Thank you Lyn, John and everyone in the enrolment team! We couldn't do without you.



In the May newsletter there was a tribute to the work done by the [Equipment and Functions team](#). We cannot do without them.

In the August newsletter there was a tribute to the work of [Our Tutors](#).

## 2013

President Bryce Normoyle, Vice-President Ted McAuliffe, Secretary Alita Mossop, Treasurer Don McKelvie. Committee members Diane Baird, Ruth Foxwell, Geoff Sheldon, Terry Smith, Lyn Torrens.

At the commencement of Term 1, 1527 applications for membership had been processed and 135 tutors had volunteered to provide 176 [courses](#) for 2013.

A project team has been established to collect, index and store MU3A digital material such as images, publications and DVDs to provide a searchable archive; in future, some hard-copy historical information may be digitized.

Two of our members were recognised with Menzies Awards - Deirdre Meredith and Dorothy Gannon.

Yvonne Thompson again set up a successful summer school program with 250 participants.

A Project Team has been established to consider and make recommendations to CoM on Future Directions for U3A Manningham. It will report to the Committee of Management in twelve months.

An initiative, recently launched by Heather Ambrose, to offer members an opportunity to participate in tutorials (learning and tutoring) designed to help make full use of their own mobile phones is progressing well.

Roy Griffin, who died recently, was a much valued and respected Calligraphy tutor for twelve years.

Certificates of Appreciation were awarded to tutors - for twenty years: Linda Chin and Jan Palmer; for fifteen years: Carmen Woodward, Margaret Murphy, Patrick Khaw, Barbara Hall, Ethel Fredericks and Angelina Chung; for ten years: Laurie Bicknell, Trish Renfree, Carol Cameron, Audrey Killey and William Mak.

The Written Word Writing Group published its third volume of *The Golden Quill* on 25 October.

The Committee of Management voted to change the membership fees for 2014 to \$50 (full) and \$25 (associate). The main reasons for the change, which was the first increase in sixteen years, were the increased operating costs for hire of external accommodation and the very high increase for utilities at The Pines building. The membership policy was amended to show a minimum age (55 years and above) for new members commencing with the 2014 enrolment.

Victorian Seniors' Week opened at Federation Square on Sunday, 6 October. U3A Manningham participated with twenty other Victorian U3As and fifty other senior-related groups.

Bernadine Williams was a U3A Manningham art tutor for fifteen years. She was recognised with a Distinguished Service Award in 2011. Bernadine learned to paint later in life and has work exhibited at the Australian War Memorial, Canberra. Bernadine is sadly missed.

## 2014

President Bryce Normoyle, Vice-President Geoff Sheldon, Secretary Alita Mossop, Treasurer Don McKelvie, Committee members Ruth Foxwell, Terry Smith, Lyn Torrens, Colin Cherry, Milly Ching. Elected at the AGM on 20 March.

There were 1595 applications for membership this year and 192 [courses](#) were offered. The following tutors were awarded Service Certificates:: Heather Ambrose, Moira Axtens (twenty years' service); Desiree Higgins, Des Thornton (fifteen years); Kirtida Baxi, Marjorie Beecham, Doug Brewer, Jean de Neef, John Driver, Coral Newstead, Monique Plantier, Saroja Swami and Barry Wilkins (ten years).

From April, the membership of the Curriculum Committee is:  
Curriculum Coordinators: Milly Ching, David McNamara  
Tutors' Coordinator: Maureen Mitchell  
Class Rep Coordinators: Bridget Halge, Kay Hawkins  
Timetable Coordinator: Heather Bione  
Computer Tutors' Coordinator: Bernice Charity

New Courses Group: Milly Ching, David McNamara, Tanya Gogorosis, Bridget Halge  
Workshop Coordinator: Margaret O'Connor

One of the founding members of our U3A, Bill North, passed away recently. Bill received both Life Membership and a Menzies Award for his contributions to our U3A.

The Committee of Management approved the purchase of: two 'Visualisers'; an additional HDMI data projector and associated speakers; and one Interactive Whiteboard and speakers. In addition, extra hearing devices, CD players and Strength Training equipment were purchased.

Tanya Gogorosis and Peter McQuie received a Menzies Australia Day award for many years' service to U3A Manningham and to the wider community.

The U3A Manningham Digital Archive is ready for action said Manager of the Archive, Ann Bruce, who is ready to organise all historic digital materials from our events, functions or class activities. Copies are welcome.

The Victorian government has made funding available for community organisations to provide 'Digital Learning for Seniors'. We have joined Pines Learning to utilise funding to help our members to enhance their learning about iPads.

Attention was drawn to our Code of Conduct which was adopted in 2013. The code sets standards of behaviour and assists in decision-making.

A sub-committee is considering the U3A Network's standardised membership management online computer system which has been designed and developed specifically for U3A use. The Committee of Management is considering implementing the system for our U3A.

The 2014 U3A Manningham year concluded with two major events. At an Artistic Showcase. Art and Craft classes exhibited a range of activities, along with some individual performances on stage. At our annual uniFEST (university festival) event, U3A classes presented examples of enjoyable activities they participated in throughout the year.

Margaret Salomon developed the Artistic Showcase and our end-of-year concert, renamed uniFEST and substantially increased our participation in the Carnival of Learning at Federation Square during the annual Seniors Festival.



## 2015



President Geoff Sheldon, Vice-President Michael Howard, Secretary Alita Mossop, Treasurer Bryce Normoyle, Committee members Milly Ching, Ruth Foxwell, Jillian Gange, Terry Smith, Warwick Wright.

197 [courses](#) were offered at the beginning of this year and 1711 members were enrolled.

Early in 2015 it was decided to install a new interactive computerised membership management and enrolment system. This was done in time to use for enrolments for the Summer School and at the beginning of 2016. Members of the Project Team were Bryce Normoyle, Warwick Wright, Kevin Chan, Mariana Goldenfarb and Leong Kwok.

At the AGM the membership fee was increased to \$60.

At a Special General Meeting the Associate membership category was abolished.

The decision was made to celebrate the 25<sup>th</sup> Anniversary of Manningham U3A in 2016.

Leong Kwok was awarded Life Membership and Certificates of Appreciation were awarded to Ron McQuade, Yvonne Thompson and Tess Gibbs.

Tutors awarded Certificates of Appreciation were Bruce Ford for 15 Years of Service, and Valerie Bell, Barbara Byrne, Joan Creber, Donald Gay, Jo Grant, Tom Heyhoe and Christine Lederman for 10 Years of Service.

The Written Word and Creative Writing groups published the fourth edition of Golden Quill in October.

Maira Axtens was the winner of the Health and Active Living Award in this year's Victorian Senior of the Year Awards. Maira was presented with her award by the Minister for Housing, Disability and Ageing, the Hon Martin Foley, at Government House on Thursday, 1 October.

In October, a long-time member of U3A Manningham, David Silver, passed away. Both he and his wife Susan joined U3A Manningham soon after it was formed. He served on the Committee of Management from 1998 until 2004. He was our Auditor for many years and tutor of the Managing Money in Retirement class for a number of years.



## 2016

At the beginning of the year the office bearers were President Geoff Sheldon, Vice-President Michael Howard, Secretary Alita Mossop, and Treasurer Bryce Normoyle.

Other members of the Committee of Management were Millie Ching Curriculum, Ruth Foxwell Office Administration, Jillian Gange Communications and Technology, Terry Smith Equipment Purchase and Repairs, Warwick Wright Enrolment and Data Management.

The AGM was held on 16 March 2016 and three new members of the Committee of Management were elected: John Liew, Jeanette Shaw and Frank Walton. John Liew replaced Bryce Normoyle as Treasurer, Jeanette replaced Ruth Foxwell as Office Manager and Frank replaced Terry Smith as Equipment Officer.

Many others held [Positions of Responsibility](#).

At the beginning of the year there were just over 1800 members and 196 [courses](#) offered by 143 tutors.

2016 was the year during which U3A Manningham celebrated its 25th anniversary. In those 25 momentous years, the organisation grew from 35 members and 12 classes to more than 1700 members and 196 classes. This achievement was well worth commemorating.

It was also the year in which online enrolment was used for the first time, using the new computer system now known as MyU3A. The CoM Enrolments Officer, Warwick Wright, worked exceptionally long hours over many weeks to ensure that the system was properly installed. He was assisted by the enrolment staff, under the excellent leadership of Doug Wallace, Tess Gibbs and our office staff, to make it work. The May newsletter contained detailed information on how to access and use MyU3A.



Lyn Torrens retired after seventeen years of dedicated service to our U3A. She joined the team of volunteers soon after our U3A opened our first office at Templestowe in 1999 and undertook to help develop the system for managing enrolments. From then until this year she managed the enrolment system and, with the aid of the curriculum team produced the course brochure for the beginning of each year.

Margaret Salomon moved out of this area last year so 2015 was her last year with our U3A. Her involvement over the years has included many roles including service on the CoM as Curriculum Co-ordinator and Vice President, and as Events Co-ordinator for the last several years.

We also said goodbye to Barbara Haye, Beryl Nicholls and George Fiedler.

At the AGM in March, Bryce Normoyle and Kevin Chan received special awards. Bryce was presented with a Distinguished Service Award for his outstanding contributions in several areas over the last nine years.

He served on the Committee of Management as President and Treasurer (twice) and on many sub-committees during that time. Most recently, he was Coordinator of the Project Team developing the MyU3A Membership Management System. Kevin received a Certificate of Appreciation for his work as Webmaster of the U3A Manningham website and as a valued member of the Project Team that set up the Membership Management System.

Certificates of Appreciation were awarded to the following tutors - Trudy Ward (German), John O'Connor (Astronomy/Cosmology), Corale Taylor (Healing - Mind, Body, Spirit), Lindsay Roberts (Marquetry) and

Lesley Catt (Yoga Hatha). A special award was made to Dawn Heffernan (Social Philosophy) and Neville Heffernan (Italian) for 25 years of continuous tuition.

A Telelink group, under the guidance of a facilitator, provides a free, confidential and supportive environment to share social, recreational and self-help topics over the telephone using teleconference. We can now participate in this recently launched initiative by U3A Network Victoria if there are any of our members who are temporarily or permanently house-bound and are unable to travel to a classroom or activity centre.

On 28 July, there was a special celebration for Margot Roth to mark two milestones. Some people write books and some people turn ninety-five years old. Few do both at the same time, unless they are as remarkable as Margot. The book was initiated by the Women's Studies Association of New Zealand/ Pae Akoranga Wahine. It brings together Margot's journal articles, written over seventy years, on an eclectic range of topics from a feminist perspective.

Ruth Jensz was presented with a Certificate of Appreciation for the many years in which she has had a major role in organising the office.

Coral Vercoe has co-ordinated the Monthly Talks program for the past fourteen years but will step down from this task at the end of this year.

Diane Baird, our newsletter Editor since 2012 when she took over from Margot Roth, has decided that this newsletter will be her final edition.

Ray Haynes died suddenly during the Term Two holiday break. He was a dearly loved and valued member of our U3A. He was a talented musician and generously shared his amazing musical ability.

We participated in Celebration Day at Federation Square at the beginning of October.. The emphasis this year was on active demonstrations of Arts and Crafts and demonstrations were given by Laurie Bicknell (Calligraphy), Pam Stewart (Handcrafts), Lyn Colenso (Mandalas), Sue Vane-Tempest (Card Making) and Lindsay Roberts (Marquetry). Graeme Hollis gave an audio-visual presentation on Astrology/Cosmology and the line dancers performed under the direction of Julie Ong.

Our 25th Anniversary was celebrated in October. On 14 October 1991, the first classes at our U3A began. A beautiful commemorative patchwork quilt is now hanging in the corridor, executed by Pat Wright and her Thursday Patchwork Class. Further along the corridor, a fourth panel added to the existing 'road theme' panels depicting our journey over the last twenty-five years. This group of decorative and illustrative panels is the work of our Drawing and Pastels Tutor, Lynne Deans.

The four panels have an impressive new headpiece, done in elegant scroll work, commemorating our 25th Anniversary, made by Sculpture Tutor, Sandra Dean. Outside the North entrance, we have installed a fine teak bench, now adorned with an elegant silver plaque by Graeme Mills, to commemorate our anniversary.



A cocktail party was held as part of the 25<sup>th</sup> Anniversary celebrations and was attended by Council representatives as well as invitees from Manningham U3A. At the party [a talk](#) was given by Life Member Leslie Dale, at the invitation of the President, describing his version of the Manningham U3A success story.

On the anniversary of the founding of U3A Manningham twenty-five years ago, Friday 14 October, a special Artistic Showcase was held. Seventeen craft groups displayed their range of talents during the afternoon. President Geoff Sheldon welcomed the crowd consisting of participants, volunteer helpers, members and guests. A huge chocolate cake, with the words 'U3A Manningham 25th Anniversary', was shared with those present.

On Thursday, 10 November, a lunchtime concert was given by members of the U3A Hawthorn Orchestra.

U3A Manningham celebrated its 25th Anniversary on 14 October 2016. Many things have been accomplished over these years and we should all be very pleased with the progress during this period. In a [special article](#), our past Presidents look back and reflect on past achievements.



**In summary**, six presidents and one life member told us the story of Manningham U3A from its beginning in 1991 with around 14 classes and 40 students to its maturity as the biggest and most successful U3A in Victoria in 2016. Initial worries and stresses due to rapidly growing membership and difficulties in finding suitable class accommodation were all overcome when the Manningham City Council agreed to provide us with a purpose-built building, the first of its kind for U3A Victoria. We readily made use of its excellent facilities and moved into the digital age, helping members with their new-found toys and then introducing MyU3A – our advanced computerised membership and enrolment system. **We had reached maturity and thoughts were turning towards sharing our good fortune with other older people. We have a commitment to lifelong learning and could possibly provide a wider service to the community.**

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## ***Manningham U3A Courses 2009***

### ***About Ourselves***

#### **CPR Lecture 1 (Code 3200)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 2

#### **CPR Lecture 2 (Code 3205)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 3

#### **CPR Workshop 1A (Code 3201A)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 2

#### **CPR Workshop 1B (Code 3201B)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 2

#### **CPR Workshop 1C (Code 3201C)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 3

#### **CPR Workshop 1D (Code 3201D)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 3

#### **CPR Workshop 1E (Code 3201E)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms 3

#### **CPR Workshop 2A (Code 3206A)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 4 Venue: U3A Centre Room 1

#### **CPR Workshop 2B (Code 3206B)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 4 Venue: U3A Centre Room 18

**CPR Workshop 2C (Code 3206C)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 4 Venue: U3A Centre Room 18

**CPR Workshop 2D (Code 3206D)**

Ronald Myerscough

Wed 12:00-1:20 Weekly Terms: 4 Venue: U3A Centre Room 18

**Culture, Theory and Practice (Code 3400)**

How should we live? Dr Joan Sheridan leads the group discussion into a careful consideration of the philosophy behind contemporary cultural practices. Some pre-reading may be required.

Joan Sheridan

Tue 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Dining Out with Friends (Code 3600)**

Join us at one of the many restaurants in the Manningham area. The menus are varied and prices reasonable. Lists for dinners, with menus, are posted on the U3A notice board.

Costs per meal are generally between \$25 and \$35.

CONDITIONS APPLY: Restaurants require confirmation of numbers by Monday lunchtime (2 days prior to the dinner). Inadequate notice of cancellation may result in liability to pay for the meal.

Hazel Ferguson

Wed 7:00pm start Wk 3 Terms: 1,2,3,4 Venue: Various Locations

**Genealogy - Family History - Level 1 (Code 5100)**

Are you interested in discovering your roots and family secrets? You will receive support while you investigate your family tree with a view to integration into the self-help group.

Jane Tindale

Mon 10:30-11:50 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Genealogy - Family History - Level 2 (Code 5105)**

This is a self-help group for those who know the basics but need the incentive to keep going with their family history. Aimed at members who are capable of working on their own.

Valerie Bell

Mon 12:00-1:20 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Healing - Mind, Body, Spirit (Code 5420)**

Experience inner peace as you relax and enjoy the tranquillity of a calming, healing session.

Promotes good health and well being.

Corale Taylor

Tue 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

**Inner Peace Inner Power (Code 5610)**

This course will help you understand and harness the energy of your mind. It will help you with positive thinking and enable you to create new attitudes and responses to life through small group discussion and meditation using Brahma Kumari's teachings to empower yourself.

Kirtida Baxi

Tue 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: Private Residence

**Life Skills in Our Later Years (Code 6140)**

Develop and reconnect with the wisdom and resources found in your family and your social context in a supportive, interactive group.

Josephine Grant

Tue 11:15-12:45 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Managing Money in Retirement (Code 6200)**

A question & answer format will allow participants to discuss matters of interest. Be prepared to come with questions. Assistance will be provided to undertake your own research between sessions.

David Silver

Mon 10:30-11:50 Wk 1,3 Terms: 1 Venue: U3A Centre Room 8

**Psychology - Group A (Code 7720)**

Heather Ambrose

Thu 9:00-10:20 Wk 2,4

Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Psychology - Group B (Code 7725)**

Some aspects of Psychology theory and practice provide the basis for discussion of issues relevant to class members. No previous study of Psychology is needed to be able to participate fully in this class. Guest speakers add interest to this course.

Heather Ambrose

Thu 10:30-11:50 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 14

**The New Consciousness (Code 8800T3)**

Wade Dickson

Fri 12:00-1:20 Weekly Terms: 3 Venue: U3A Centre Room 13

**The New Consciousness (Code 8800)**

Living in the Present Moment: this course is based on the work of Eckhart Tolle whose first book, the 'Power of Now', has sold millions of copies and was number one on the New York Times Bestseller List. His second book, 'A New Earth', was recently the subject of a 10 week www event hosted by Oprah Winfrey with Eckhart Tolle as guest. The main presentation tool is power point and video clips are used to underpin and round out presentations.

Wade Dickson

Mon 10:30-11:50 Weekly Terms: 1 Venue: U3A Centre Room 14

**About Our World**

**Bird Watching - Self Help (Code 1350)**

Learn the joys of bird watching in our local parks - short walks in good company to hone our bird watching skills. Advice on binoculars, field guides and joining a bird watching association will be provided. The schedule for each term will be on the notice board.

Bruce Ford

Tue 9:00am start Wk 4 Terms: 1,2,3,4 Venue: Various Locations

**Cooking - Mediterranean (Code 3000)**

Preparation of Mediterranean and vegetarian dishes, with some seafood dishes. Towards the end of class we enjoy what has been cooked. Facility fee: \$20 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 27 January 2009. Fee for ingredients: \$25 to be paid direct to tutor.

Tony Ellul

Wed 12:00-1:20 Wk 1,3 Terms: 1,2 Venue: Memorial Hall Kitchen

**Cosmology - The Deep Questions (Code 3100)**

We explore and discuss deep space, deep time, our cosmic origins, evolution of galaxies, stars, planets; origins/evolution of life on Earth; exobiological and metaphysical possibilities; how our conduct in human affairs relates to this cosmic perspective - us as a rare, significant phenomenon within a vast, ancient, mainly lifeless universe. Updated notes and visuals. No science background needed.

John O'Connor

Wed 1:30-2:50 Weekly Terms: 1,2 Venue: U3A Centre Room 14

**Current Affairs - Behind The News (Code 3540)**

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 which comprises members from diverse backgrounds.

Howard Permezel

Fri 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Current Affairs - Group A (Code 3495)**

David Jensz

Tue 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Current Affairs - Group B (Code 3500)**

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.

George Fiedler

Tue 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Film Appreciation (Code 4350)**

Watch and discuss films projected from video or DVD. The selection of films is based on themes such as actor, genre, director or subject.

Warwick Pole

Wed 1:30-4:00 Wk 2,4 Terms: 1,2,3,4 Venue: Applewood Retirement Village

### **History - Australian (Code 5510)**

Modern Australian History - Special 10th Anniversary Series includes: post war reconstruction and society, Menzies - consummate politician; Labor Party split; Vietnam; Whitlam years; swinging 60s; Labor and globalisation; a comfortable Australia. This is a one-off and once only special!

Des Thornton

Tue 11:15-12:45 Wk 1,3 Terms: 1,2 Venue: U3A Centre Rooms 16-17

### **History - Military (Code 5540)**

A wide ranging coverage of the history of warfare at sea, on land and in the air, including events, campaigns, weaponry and people.

Robert Ellis

Tue 11:15-12:45 Wk 1,3 Terms: 3,4 Venue: U3A Centre Rooms 16-17

### **History of Medicine (Code 5550)**

Development of the history of medicine, outlining the countries, the culture, the politics etc and the great people who changed the direction of medicine.

Laurence Simpson

### **History of Numbers (Code 5555)**

How numbers evolved and why; progression from primitive marks to current numerals; numbering systems used by ancient civilisations and how they influenced our civilisation; the abacus and similar devices; different ways of doing simple arithmetic; tricks, games and puzzles with numbers; different number bases; how computers count. Prerequisites: a knowledge of basic secondary school arithmetic and an enquiring mind.

Warwick Wright

Mon 10:30-11:50 Weekly Terms: 2,3 Venue: U3A Centre Room 14

### **History of Technology (Code 5560)**

Technology has given us a lifestyle none of our ancestors could possibly have imagined, yet we take it for granted. In fact it has been transforming mankind's life since prehistory. The course is from prehistory to the present day, and examines the big steps forward in fields such as communication, energy, food, medicine and transportation. The class will discuss the effects on society in each case. Photocopying cost: \$5.

David Farrar

Mon 1:30-2:50 Weekly Terms: 1,2 Venue: U3A Centre Room 13

### **Living More Sustainably (Code 6150)**

A green makeover - help the environment and save money at the same time! In this 8 week course you will learn about some of the key issues of sustainability and what you can do to reduce your impact on the planet. The course will include energy, water, waste, transport, gardening, volunteering, cleaning and smart shopping.

Pat Armstrong

Thu 9:00-10:20 Weekly Terms: 1 Venue: U3A Centre Room 13

### **Maths in Society (Code 6230)**

A continuation of the Maths in Society 2008 class. Other students with some knowledge of school maths are welcome. The course text can be bought for \$20 or hired from the tutor for \$5 per year.

Elaine Dodds

Wed 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 16

### **Monthly Talks (Code 6500)**

Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board. \$2.00 entry to cover expenses & cuppa. Open to the public so visitors are welcome.

Coral Vercoe

Wed 3:00-4:20 Wk 3 Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

### **Philosophy & Culture - Hindu (Code 7200)**

This philosophy, so ancient, is full of wisdom for personal growth and development. It helps in the development of one's mind, body and spirit.

Saroja Swami

Fri 10:30-11:50 Weekly Terms: 2,3 Venue: U3A Centre Room 18

### **Philosophy of Science (Code 7218)**

Examination of underpinnings of scientific method, viz inductive reasoning (natural laws); objectivity of observation statements; verification/falsification theories; theories of truth; structure of scientific revolutions. Writings of Popper, Hume, Kuhn, Lakatos and others explored.

Dawn Heffernan

Wed 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Philosophy Social (Code 7220)**

Social issues will be analysed in an objective manner from many perspectives. Photocopying costs: approx. \$15 over the year. Some pre-reading of philosophy desirable, e.g. 'Sophie's World' (Jostein Gaarder) or 'The Story of Philosophy' (Bryan Magee).

Dawn Heffernan

Wed 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Religions Of The World (Code 7850)**

This course is about the founders, development and cultural differences of each religion, its place in human need and its history. Follow the path of Hinduism, Judaism, Islam, Christianity and religions of China and Japan. Photocopying cost: \$5.

Jane Lithoxopoulos

Thu 9:00-10:20 Weekly Terms: 1,2 Venue: U3A Centre Room 18

### **Science - Food Technology and History (Code 8000)**

A look at selected foods in terms of their origin, cultivation, processing, nutritional value and place in the human diet. Products covered will include both long-established and modern foods, eg oranges, energy drinks.

Tom Heyhoe

Mon 3:00-4:20 Weekly Terms: 1 Venue: U3A Centre Room 13

### **Science - The Story - Level 1 (Code 8040)**

Repeat of the 2008 course. This course assumes no previous knowledge of science or history but a large amount of factual information will be conveyed. The course describes how and when new science ideas emerged, from the stone age through to about 2000. Photocopies will be provided. Class members will be expected to participate in discussion.

Leslie Dale

Thu 3:00-4:20 Weekly Terms: 2,3,4 Venue: U3A Centre Room 14

### **Science - The Story - Level 2 (Code 8042)**

This is a continuation of the 2008 course for the 2008 participants only.

Leslie Dale

**Stockmarket - Self Help Discussion Group (Code 8400)**

Sub-Committee Convenor: Kevin Dunn

Sub-Committee Members: John Hassed, Ray Cross, Josephine Grant, Beverley Holland Aims: to identify and understand how internal and global events may impact on the Australian share market and to help each other better understand how the Australian share market operates. The sub-committee will coordinate the selection of topics and invite guest speakers. Active participation of all class members will be encouraged.

Kevin Dunn

Thu 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Computing**

**Computers - Basics Level 1 (Code 2000T1)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Basics Level 1 (Code 2000T2)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Basics Level 1 (Code 2000T3)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - Basics Level 1 (Code 2000T4)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - Excel Level 1 (Code 2100T2)**

Carol Cameron

Wed 3:00-4:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Excel Level 2 (Code 2102T4)**

Carol Cameron

Wed 3:00-4:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - For Novices (Code 2125T1A)**

Coral Newstead

Thu 1:00-2:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - For Novices (Code 2125T2A)**

Coral Newstead

Thu 1:00-2:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Intermediate - A (Code 2200T3)**

Warwick Wright

Wed 9:00-10:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - Intermediate - A (Code 2200T1)**

Warwick Wright

Wed 9:00-10:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Intermediate - B (Code 2205T4)**

Warwick Wright

Wed 9:00-10:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - Intermediate - B (Code 2205T2)**

Warwick Wright

Wed 9:00-10:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Internet & Email (Code 2250T1)**

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Internet & Email (Code 2250T2)**

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Internet & Email (Code 2250T4)**

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - MS Publisher (Code 2300T3)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - MS Publisher (Code 2300T4)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - MS Word (Code 2305T1)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - MS Word (Code 2305T2)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T1A)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T4A)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T2A)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T3A)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 3 Venue: U3A Centre Room

**Creative Arts**

**Art - Unlock the Mysteries! (Code 1100)**

Art puzzles many people. Unlock the mystery with me by looking at examples and discussing them. You will learn to analyse what you are seeing. Art is made by line, colour, texture, form and subject. It is a response to the time in which it is produced. You don't have to like it in order to discuss it. Includes some simple, practical exercises.

Christine Lederman

Fri 10:30-11:50 Weekly Terms: 3,4 Venue: U3A Centre Room 15

**Calligraphy - Level 1 (Code 1650)**

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.

Roy Griffin

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17



**Calligraphy with Illumination - Level 2 (Code 1655)**

Calligraphy is the art of beautiful writing using different styles and alphabets. Develop skills in illumination and presentation using modern Gothic, Roman and other lettering.

Laurie Bicknell

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Creative Digital Photography (Code 3250)**

Sandra Dean

Wed 11:30-1:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Drawing & Pastels - Level 1 (Code 3740)**

Basic drawing skills, pastel painting plus mixed media for beginners and advanced students. The aim of this class is to have both structure and imagination.

Lynne Deans

Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Drawing & Pastels - Level 2 (Code 3750)**

Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Drawing & Pastels - Level 3 (Code 3751)**

Both levels 2 & 3 drawing and pastels classes are self-help at a high level, concentrating on portraits, figure drawing & still life.

Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Drawing Plus - Level 2 (Code 3755)**

Basic and advanced drawing techniques in pastel, pen and ink, pencil and watercolour pencils. Includes intuitive art and creative approaches to achieve unique results.

Lynne Deans

Fri 10:30-12:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Embroidery - Beginners (Code 4120)** Embroidery

for the beginner to the more experienced.

Desiree Higgins

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Domaine Retirement Village

**Embroidery - Needles & Threads (Code 4140)**

A self-help group which encourages embroidery, tapestry, bead work, knitting, crochet, etc.

Joanna Eden

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Handcrafts (Code 5300)**

A self-help group for sharing skills and experimenting together. 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. Students will be told at 1st class what they need to purchase for themselves.

Carmen Woodward

Wed 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Private Residence

**Marquetry - Self Help (Code 6210)**

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

Lindsay Roberts

Tue 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Music - Choral Singing (Code 6635)**

Group singing. If you are able to sing a melody in tune, you will enjoy this course.

Cleone Jordan-Baini

Thu 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: Greenview Retirement Village

### **Music - History & Appreciation (Code 6640)**

In 2008 we progressed from the Baroque to the Classical era studying Haydn. We continue in 2009 with Mozart, Beethoven, Schubert and Berlioz, thus entering the Romantic era. Facility fee: \$10 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 27 January 2009. Handouts throughout the year: \$25-30.

David Lording

Mon 2:15 start Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

### **Music - Recorder Group (Code 6670)**

This group is for people who can play at least one recorder - alto, tenor or bass - and can do basic sight reading. We play a wide variety of music including members' choices.

Janet Pelzer

Fri 1:00-3:00 Wk 2,4 Terms: 1,2,3,4 Venue: Private Residence

### **Music - Singing For Pleasure (Code 6680)**

Singing is good for body 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.

Initial folio of music \$15.

Beryl Nichols

Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

### **Music Theory (Code 6690)**

Joe Bonaccorso

Thu 3:00-4:20 Weekly Terms: 3,4 Venue: U3A Centre Room 15

### **Needlework (Code 6800)**

This course can include needlework such as cross-stitch, tapestry, hardanger, needlepoint, blackwork, bargello or any of the stitches that can be worked on even-weave fabric or canvas as well as beading and character knitting. Bring your own project to work on.

Carmen Woodward

Fri 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Private Residence

### **Painting - Acrylics & Gouache (Code 7010)**

This course caters for beginners and those with some experience. Bernadine Williams

Fri 1:30-3:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

### **Painting - Watercolour - Level 2 (Code 7055)**

For students with prior watercolour painting experience. 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. \*Not for Beginners\*.

Jan Palmer

Thu 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

### **Painting - Watercolour - Self Help (Code 7060)**

Members who enjoy painting together welcome others with a basic knowledge of watercolour painting.

Joseph De Bono

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Painting With Oils (Code 7080)**

This course is for those with some experience in painting with oils. Initial costs for supplies is about \$50.

Bernadine Williams

Wed 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Pottery - Introduction to Handbuilding (Code 7500)**

An 8 week introductory course with participants creating an item of their own choice. Materials & firing are paid for as used (approx. cost: \$20).

Marjorie Beecham

Fri 10:00-1:00 Weekly Terms: 1 Venue: Warrandyte Arts Association

### **Sculpture - Self Help (Code 8220)**

A self-help group exploring clay, stone and wood to produce small and medium sized projects.

Tools and materials acquired as needed. Beginners welcome.

Sandra Dean

Wed 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Wood Carving - An Introduction (Code 9050)**

Whittling and chip carving - developing carving in the round and decorative carving skills. Initial kit supplied: approx. \$50 payable at 1st session.

Patrick Burder

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 17

### **English: Written & Spoken**

#### **Ancient, Shakespearean & Modern Drama (Code 1060)**

This course is for discussion and enjoyment. One Ancient Drama will be presented, and three Shakespearean Plays will be read, mainly in class and partly at home. (See notice board for titles). Modern Drama will be seen on video.

Barbara Haye

Thu 1:00-2:30 Wk 1,3 Terms: 1,2,3,4 Venue: Applewood Retirement Village

#### **Book Discussion Group (Code 1450)**

Books are selected by the group and are provided by the Council of Adult Education at an additional cost. In 2009 costs are \$74 (concession), \$106 (seniors), \$123 (full). Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation.

Evelyne Perks

Wed 1:30-2:50 Wk 3 Terms: 1,2,3,4 Venue: Greenview Retirement Village

#### **English - Basic Writing (ESL) (Code 4190)**

For speakers of English as a second language who already speak at an intermediate level or better. This course will include writing notes, messages and short letters, and filling in forms. We will also work on spelling, grammar and punctuation.

Jean de Neef

Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

#### **English - Tutor Training (ESL) (Code 4211)**

see description above (code 4210).

Joan Creber

Thu 1:30-4:20 Weekly Terms: 4 Venue: U3A Centre Room 13

#### **English - Tutor Training (ESL) (Code 4210)**

This 6 week course is a program to train tutors to teach simple conversational English to migrants on a one to one basis.

Joan Creber

Mon 11:00-1:00 Weekly Terms: 2 Venue: U3A Centre Room 15

#### **English Conversation (ESL) - Level 1 (Code 4200)**

For speakers of English as a second language. Increase your vocabulary and improve your pronunciation through small group conversation.

Joan Creber

Wed 9:15-10:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

#### **English Conversation (ESL) - Level 2 (Code 4201)**

For speakers of English as a second language. Improve your conversation through discussion. Increase your vocabulary and your knowledge of grammar and idioms. Work on your pronunciation of Australian English.

Jean de Neef

Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **English Conversation (ESL) - Level 3 (Code 4202)**

This course will include more advanced aspects of the English language, and will be suitable for those who have completed some previous study, such as Levels 1 and 2.

Helen Lowell

Thu 12:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Reading For Pleasure (Code 7800)**

Themes in contemporary fiction: selected reading to observe the various ways in which authors use fiction to express the issues & concerns of modern society.

Margaret Murphy

Mon 1:30-3:00 Wk 1 Terms: 1,2,3,4 Venue: Templestowe Retirement Village

### **Writing - The Written Word (Code 9120)**

This is a group who engage in all aspects of the 'Written Word' in a relaxed and encouraging environment.

Patricia Taylor

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **Games and Hobbies**

#### **Bridge - Beginners (Code 1500)**

Learn the basics of Bridge including counting, opening and responding. You need to have some card games experience such as Solo or Five Hundred.

Nena Reid

Tue 9:00-11:00 Wk 2,4 Terms: 1,2 Venue: U3A Centre Rooms 16-17

#### **Bridge - Duplicate - Group A (Code 1520)**

This group is for people who know how to play bridge. See also Group B.

Ross Henderson

Tue 1:30-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

#### **Cryptic Crosswords (Code 3300T1)**

A one term course for beginners.

Barbara Hetherington

Tue 1:30-2:50 Weekly Terms: 1 Venue: Private Residence

#### **Cryptic Crosswords (Code 3300T4)**

A one term course for beginners.

Barbara Hetherington

Tue 1:30-2:50 Weekly Terms: 4 Venue: Private Residence

#### **Mahjong - Western - Self-Help (Code 6190)**

A western style self-help form of this ancient Asian tile game. \*No tuition\*. For independent, self-motivated experienced players. Members must be willing to assist 'rusty' or less experienced players.

Lilian Kops

Mon 10:45-12:15 Wk 2,4 Terms: 1,2,3,4 Venue: Roseville Retirement Village

#### **Scrabble (Code 8200)**

Scrabble is a mentally stimulating game, suitable for all ages. 'Scrabble Society' books and dictionaries are available for use.

Jill Doyle

Thu 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

#### **Solo (Code 8300)**

Both original version and Auction Solo are played and instruction given in each.

Robert Axtens

Wed 1:00-4:00 Weekly Terms: 1,2,3,4 Venue: Applewood Retirement Village

## **Health and Fitness**

### **Badminton (Code 1200)**

This social badminton group is for experienced players and beginners. Badminton is an active indoor game. Participants should provide their own rackets. There is a small charge to cover the cost of shuttlecocks. Facility fee: \$40 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 27 January 2009.

Evelyne Perks

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Templestowe Leisure Centre Stadium

### **Ballroom Dancing - Advanced (Code 1250)**

Keep fit! Come ballroom dancing - enjoy the music and movement. It's a wonderful way to promote co-ordination, balance, mobility and flexibility as well as being a great social activity for people of all ages. You need to have done 3 years at beginners level to join this class. Facility fee: \$30 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 27 January 2009.

Patrick Khaw

Mon 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Ballroom Dancing - Beginners (Code 1251)**

Objective: to enable students to learn basic dances & moves in order to be able to dance when attending social functions, for example. Dances learnt will also enable students to attend dances outside U3A.

NB Only one Ballroom Dancing class per member

Ethel Fredericks

Mon 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

### **Belly Dancing (Code 1260)**

Belly Dancing is for fun and fitness. It will help you to bring out the creative and sensual 'you'. You will learn some basic dance movements and choreographies.

Teresa Bowden

Fri 12:30-1:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

### **Golf for Fun (Code 5200)**

For non-serious golfers. If you play the occasional game of golf, join us for fun and exercise. A round of 9 holes weekly, \$16 green fee for each session.

Douglas Brewer

Wed 7:45 for 8:00 start Weekly Terms: 1,2,3,4 Venue: Freeway Golf Course

### **Greek Folk Dancing (Code 5210)**

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

Virginia Malios

Thu 11:45-1:10 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

### **Lawn Bowls for Beginners (Code 6050)**

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. Borrow club bowls or use your own. No fees.

Barry Wilkins

Thu 1:30 start Weekly Terms: 1,2,3,4 Venue: Donvale Bowls Club

### **Petanque - French Bowls (Code 7100)**

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.

Donald Gay

Mon 9:00 start Weekly Terms: 1,2,3,4 Venue: Rieschiecks Reserve

**Strength Training - Level 1 (Code 8500T1)**

Moira Axtens

Mon, Thu 10:30-11:50 Weekly Terms: 1 Venue: Pines Function Room

**Strength Training - Level 1 (Code 8500T2)**

Moira Axtens

Mon, Thu 9:00-10:20 Weekly Terms: 2 Venue: Pines Function Room

**Strength Training - Level 2 - Group A (Code 8505)**

Dorothy Hunt

Mon, Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Strength Training - Level 2 - Group B (Code 8510)**

Moira Axtens

Mon, Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Strength Training - Level 2 - Group C (Code 8515)**

Moira Axtens

Tue, Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Strength Training - Level 2 - Group D (Code 8520)**

Level 2 groups offer you the opportunity to continue to build up strength and maintain fitness. Anyone who has NOT completed a Level 1 Manningham U3A course must speak to the tutor BEFORE applying to participate in a Level 2 group.

NB: Course/Facility fee Strength Training: \$30 for the year payable at the U3A office prior to the beginning of term one. This fee applies to all strength training classes.

The U3A office will be open 9-3 weekdays from 27 January 2009.

Moira Axtens

Tue, Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Table Tennis (Code 8600)**

Learn the basic skills and rules for the enjoyment of participating at a social level. Advanced tuition is available to competition standard, if required. Facility fee: \$20 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 27 January 2009.

William Doyle

Thu 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Scout Hall

**Tai Chi Ch'uan - Advanced (Code 8650)**

A simple step-by-step, form by form progression to the twenty four forms of simplified T'ai Chi Ch'uan. Developed by the Sports Committee of the People's Republic of China, it includes some warm-up exercises and Tai Chi Qi-gong 1st Eighteen and 2nd Eighteen..

William Mak

Wed 1:30-3:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Tai Chi Ch'uan - Beginners (Code 8652)**

William Mak

Wed 2:30-4:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Tai Chi Level 1 (Code 8655)**

T'ai 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 & coordination.

Facility fee: \$20 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 27 January 2009.

Angelina Chung

Tue 9:30-10:30 Weekly Terms: 1,2,3,4 Venue: Basketball Stadium Activity Room



### **Tai Chi Level 2 (Code 8660)**

Refine and practise all forms taught: Beijing 24, T'ai Chi Qi-gong Shibashi 18 movements, T'ai Chi for Arthritis (Sun Style). Participants must have completed all of these forms of T'ai Chi. This course is not suitable for beginners. Check regarding suitability of previous experience with tutor or class representative if unsure. Facility fee: \$20 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 27 January 2009.

NB: Only one T'ai Chi class per member.

Angelina Chung

Tue 10:30-11:30 Weekly Terms: 1,2,3,4 Venue: Basketball Stadium Activity Room

### **Tennis (Code 8750)**

This social tennis group welcomes all those who have ever played. Facility fee: \$20 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 27 Jan 2009. Beryl Mathieson

Mon 8:30 start Weekly Terms: 1,2,3,4 Venue: Donvale Tennis Club

### **Walking for Exercise - Friday (Code 9005)**

One hour easy walking. walk sheets. Followed by BYO morning tea. Meeting at 8:50am at parks referred to on the U3A noticeboard.

Douglas Brewer

Fri 8:50 start Wk 1, Weekly Terms: 1,2,3,4 Venue: Various Locations

### **Walking for Exercise - Wednesday (Code 9003)**

Walk in Ruffey Lake Park. Meet in the car park on Victoria Street. Melways 33 J10.

A regular walk in the morning is the best exercise for seniors. Maintain your fitness with good company.

Bruce Ford

Wed 9:00-10:00 Weekly Terms: 1,2,3,4 Venue: Ruffey Lake Park

### **Walking for Fitness - Thursday (Code 9010)**

One hour walks in and around Manningham and nearby parks and reserves. To enjoy these walks, participants should be reasonably fit and injury free. The schedule for each term will be on the U3A notice board .

Don McKelvie

Thu 9:05 start Weekly Terms: 1,2,3,4 Venue: Various Locations

### **Walking for Health & Pleasure (Code 9015)**

Enjoy the beauty of Melbourne's parks, gardens and trails and improve your health at the same time. An added bonus is meeting people of similar age and interests and having a 'cuppa' with them afterwards. Walks generally take between one and two hours. The schedule for each term will be on the U3A notice board.

Audrey Killey

Fri 9:00 start Wk 2,4 Terms: 1,2,3,4 Venue: Various Locations

### **Yoga - Classical - Group A (Code 9220)**

Stretching and toning the muscles: keeping the spine and joints flexible, improving circulation. The 5 principles of yoga and meditation will be incorporated. Yoga for everyday living will be included.

Barbara Byrne

Wed 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Yoga - Classical - Group B (Code 9222)**

As for Classical - Group A.

Alan Smith

Thu 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Yoga - For the Not-So-Supple - Level 2 (Code 9242)**

For those with some previous experience of yoga. These advanced sessions will be a new programme based on Tibetan Kum Nye. It will require a commitment to practise on a daily basis at home.

Lorna Andreassen

Fri 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14



**Yoga - Hatha - Group A (Code 9260)**

Lesley Catt

Mon 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga - Hatha - Group B (Code 9265)**

Lesley Catt

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga - Hatha - Group C (Code 9270)**

Stretch and relax your body; quieten and free your mind; discover yourself in both movement and stillness.

Lesley Catt

Mon 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga - Iyengar Style (Code 9280)**

The easy to follow exercises tone the muscles and build stamina. The benefits are not merely physical as yoga has the power to calm the mind and helps one cope with tension. NB - only one yoga class per member

Eric Stewart

Fri 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Languages**

**Chinese - Advanced (Code 1800)**

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.

Linda Chin

Tue 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Chinese - Mandarin L1 Group A (Code 1805)**

This is a class for beginners.

Yanwen Huang

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Chinese - Mandarin L1 Group B (Code 1810)**

Wei-Xing Huang

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**French Conversation - Level 2 (Code 4500)**

Principal objective: for students to be able to make themselves understood in writing and speaking French in French-speaking countries. This course is not suitable for beginners.

Clive Scott

Fri 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**French Conversation - Level 3 (Code 4502)**

This course is for advanced students of French. We improve our French speaking skills through small group conversation.

Monique Plantier

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

**French Level 2 - Self Help (Code 4504)**

This course includes grammar, reading and conversation. Some prior knowledge of French is required. Textbook: Teach Yourself French

Helen Anderson

Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**French Level 2-3 - Self help (Code 4505)**

This course includes grammar, reading & conversation. It is suitable for those with some knowledge of French wishing to revise and improve their skills. Participants will be expected to conduct one session per term. Textbook: to be advised.

Helen Anderson

Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**German - Level 1 (Code 5180)**

No previous knowledge of the language is required, but it is also suitable for those who have some knowledge. At the first class we will discuss whether a textbook is required.

Trudy Ward

Wed 1:30-2:50 Weekly Terms: 1,2,4 Venue: U3A Centre Room 13

**German - Self Help (Code 5185)**

This course is suitable for those with some knowledge of German wishing to revise and improve their skills - the level will be determined by the knowledge of the participants.

Warwick Pole

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

**Greek Conversation (Code 5205)**

This course is for those who can speak some Greek. Improve your conversation and pronunciation. Basic knowledge of grammar helpful.

Virginia Malios

Thu 10:00-11:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

**Italian - Level 1 (Code 5620)**

Please enrol in Italian Level 1 OR Level 2 - NOT BOTH

Italian Level 1: No previous knowledge of Italian required. Oral/Aural approach (Buongiorno Italia), plus reading and grammar. Texts: 1) A Progressive Italian Grammar - Komadina & Orifici - please buy from Foreign Language Bookshop (9654 2883). 2) Buongiorno Italia, BBC \*NEW\* Edition 2005 - I shall order these from 'Fishpond' at our first session.

Neville Heffernan

Wed 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Italian - Level 2 (Code 5625)**

At least a full year of previous Italian is required. Texts: 1) A Progressive Italian Grammar, Komadina & Orifici. 2) Buongiorno Italia - author Cremona - New edition preferred but current students can manage with the old edition should they wish.

Neville Heffernan

Wed 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Italian - Self Help (Code 5650)**

This class, for people with 2 years or more of Italian, is designed to go beyond classroom Italian. We read magazines, newspapers, modern novels, listen to Italian tapes, have conversations in Italian and deal with grammar. We challenge ourselves, do homework and have fun!

Peter Goodwin

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 16

**Latin - Advanced (Code 6030)**

A continuation of the Latin for Beginners 2003 class. Other students with some knowledge of Latin are welcome. Text book: Virgil's Aeneid (in English) - other texts: to be advised.

Helen Kearton

Tue 2:30-3:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

**Latin - Intermediate (Code 6035)**

A continuing study of Latin. Text required: Cambridge Latin Course - books 2 and 3. Class members should have some understanding of declension of nouns and conjugation of verbs.

Helen Kearton

Tue 1:15-2:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Spanish Conversation - Level 1 (Code 8340)**

No previous knowledge of the language is required but it is also suitable for those who have some knowledge. Text book: to be advised.

Agnes Kunca

Mon 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

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## **Survey 2009**

In 2009, three years after the last survey, a special Survey Committee was set up to find out what members thought of Manningham U3A's operations, what suggestions they might have for improvement and how they enjoyed their classes and activities. Three surveys were distributed: one to members (1,350), one to class participants (2,778) and one to tutors (120?).

Once all the responses had been entered on to a data base and collated, all members were invited to two meetings to discuss issues that had been raised.

At the second of these meetings COM members led small group discussions of issues pertaining to each of their areas of responsibility. Each COM member referred the outcomes of these discussions to their respective sub-committees and informed the survey committee. The survey committee considered all the material thus provided and from it developed recommendations for consideration by the COM.

The majority of members (56%) took one or two classes, 32% took three or four and the rest five or more, including one keen participant who enrolled in eight.

As with the 2006 survey results, the 2009 responses were largely positive about classes and tutors. Words like enjoy – well-run – outstanding – convey the kind of satisfaction U3A provides. To the question asking which types of classes members would like more of, the top ones they chose were: Health and Fitness, Computers, Creative Arts and About Our World.

One concern was about the problem of actually getting into some of the classes for which members had enrolled. The size of U3A was questioned by a few as was the volunteer system.

Despite these comments the overall picture that emerged was of a happy, lively place. The social rewards were noted and members appreciated the way classes and activities were conducted.

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## 2010 - 2013 Strategic Plan for Manningham U3A

This document sets out the Strategic Plan for Manningham U3A for 2010 - 2013. It reviews strengths, weaknesses, threats and opportunities; presents a series of statements relating to Manningham U3A's vision, purpose and strategic objectives; and specifies the key strategies, key results and action plans/programs.

### **Vision**

To be known in the Manningham community as a provider of excellent educational, physical and social programs at low cost for the third age community.

### **Statement of Purpose**

The purpose of Manningham U3A is to:

- 1 Provide opportunities for this third age community to continue learning by sharing their knowledge, skills and interests.
- 2 Offer educational, cultural and physical programs by and for its members irrespective of their background, qualification or financial circumstances.
- 3 Promote the internationally recognised concepts of the U3A as actively and widely as possible.

### **Strategic Objectives**

The medium-term strategic objectives of U3A Manningham are to:

1. Provide an environment where members are able to enjoy participation as students, tutors and volunteers.
2. Ensure that local, state and federal governments and other organisations are aware of our value within the community and consequently provide strong, active and continuing support.
3. Ensure on-going improvement as an effective and efficient organisation.

## **KEY STRATEGIES**

The following key strategies will be pursued by Manningham U3A:

1. Review the committee structures and succession plan.
2. Recruit and support our committees, tutors and other volunteers.
3. Develop and introduce an increased diversity of courses and course delivery options.
4. Enhance our profile in the community.
5. Maintain liaison with external bodies associated with the u3a movement and others.

## Strengths, Weaknesses, Opportunities & Threats

Strengths	Weaknesses
<ol style="list-style-type: none"> <li>1. Efficiently run organisation.</li> <li>2. Wide and inclusive breadth of curriculum caters for diverse community interests.</li> <li>3. Successful programs to include minority groups. Successful volunteering system with a strong sense of ownership.</li> <li>4. Sustained growth in membership and number of courses.</li> <li>5. Tutors of high calibre.</li> <li>6. Provides value for money.</li> <li>7. Members demonstrate their enjoyment of U3A.</li> <li>8. Positive community image. Members recommend U3A to their friends.</li> <li>9. Adaptable to social and population changes.</li> <li>10. Mutually beneficial relationships with some external providers.</li> <li>11. Co-operative relationship with Council.</li> </ol>	<ol style="list-style-type: none"> <li>1. Committee structures and responsibilities need reviewing.</li> <li>2. Number limits in some classes can disappoint members who are not included in class lists.</li> <li>3. Preferential enrolment policy creates some difficulties for members enrolling in classes.</li> <li>4. Some rooms are overcrowded leading to safety concerns.</li> <li>5. Increasing number of members is creating pressure on accommodation.</li> <li>6. Inefficient use of some rooms is creating pressure on accommodation.</li> <li>7. Parking at the venue is creating difficulties for some members, particularly for some disabled members.</li> <li>8. Development program for our office volunteers can be improved.</li> <li>9. Limited knowledge of the online system and online courses and activities of members.</li> <li>10. Limited knowledge of other U3As classes and activities.</li> <li>11. Some administrative functions do not have an assistant.</li> </ol>

Opportunities	Threats
<ol style="list-style-type: none"> <li>1. Increase Community awareness of and perceptions about the accessibility and sociability of Manningham U3A.</li> <li>2. Extend awareness of U3A to more community groups and local businesses.</li> <li>3. Extend our academic course content</li> <li>4. Extend our use of our available volunteer resources.</li> <li>5. Support for minority groups could be extended.</li> <li>6. Maintain Community programs such as Migrant English.</li> <li>7. Make greater use of invited speakers.</li> <li>8. Maintain co-operative relationship with local government.</li> <li>9. Maintain mutually supportive relationship with Network.</li> <li>10. Improve relationships with all external venue providers.</li> <li>11. Baby boomers will bring expertise and knowledge.</li> <li>12. Provide knowledge of the online network to members.</li> <li>13. Investigate current technological methods of curriculum delivery.</li> <li>14. Investigate inclusion of Manningham U3A members in classes/activities at TAFE Institutes and Universities.</li> </ol>	<ol style="list-style-type: none"> <li>1. Younger members joining U3A may not appreciate the values underpinning U3A operations.</li> <li>2. Our increasing size raises questions about whether members feel overlooked and creates additional administrative work.</li> <li>3. Membership growth may increase the demand for larger classes and/or additional classes.</li> <li>4. Shared accommodation may present competition pressures.</li> <li>5. TAFE may reduce financial support or impose other restrictions on the operation of Manningham U3A.</li> <li>6. Network may be forced to impose financial or other restrictions on Manningham U3A due to policy requirements of Government.</li> <li>7. New Councillors may not support Manningham U3A.</li> <li>8. Council may impose financial or other restrictions on Manningham U3A.</li> <li>9. Council may renegotiate use of available space at The Pines leading to pressure on room usage.</li> <li>10. Other organisations may extend their offerings into the U3A area.</li> <li>11. Fail to offer community needs classes and activities in some areas.</li> </ol>



Manningham U3A will implement the following action plans and programs, supporting the achievement of the specified Key Results and Key Strategies, in 2007.

## 1. REVIEW THE COMMITTEE STRUCTURES AND SUCCESSION PLAN.

KEY RESULTS	ACTION PLAN	TIMING	OWNER
1. COMMITTEE STRUCTURES IN PLACE.	1.1 Review Committee of Management functions, structures, job roles and responsibilities, task allocations and workload. (Administration, Other Sub-Committees)	In Term 2.	Policy & Planning Sub-Committee Chair (Bridget Halge)
	1.2 Produce a report and recommendations on structural improvements.		
	1.3 Identify and place members of committees.	In Term 2. Before AGM.	As Above.
2. ALL KEY JOB ROLES ARE CLEARLY DEFINED, ARE FULLY OCCUPIED AND ADEQUATELY BACKED-UP.	2.1 Identify all key positions and functions.	In Term 1.	President. (David Jensz)
	2.2 Determine status of all key positions. <ul style="list-style-type: none"> <li>Ä Current year and following year</li> <li>Ä Risk exposure</li> <li>Ä Succession planning</li> </ul> Produce recommendations for actions to resolve any deficiencies identified.	In Term 1.	President. (David Jensz)

## 2. .RECRUIT AND SUPPORT OUR COMMITTEES, TUTORS AND OTHER VOLUNTEERS.

KEY RESULTS	ACTION PLAN	TIMING	OWNER
1. HAVE APPROPRIATE PEOPLE CARRYING OUT TASKS	1.1 Produce an internal Promotion and Marketing Plan to recruit skilled volunteers.	In Term 1.	Volunteers' Co-coordinator (Heather Ambrose)
	1.2 Maintain the Skills Bank database. (Using Participation Forms, Think Tank outcomes, etc.)	In Term 1. At enrolment.	As Above.
2. APPROPRIATE TUTORS IN PLACE.	1. Analyse need for courses.	As need arises.	
	2.2 Recruit tutors for classes and activities.	As need arises.	

### 3. DEVELOP AND INTRODUCE AN INCREASED DIVERSITY OF COURSES AND COURSE DELIVERY OPTIONS.

KEY RESULTS	ACTION PLAN	TIMING	OWNER
1. HAVE MORE COURSES AND COURSE DELIVERY OPTIONS.	1.1 Ascertain requirements for new and/or additional courses. Ä Waiting Lists Ä Satisfaction Surveys Ä Suggestion Box Produce recommendations.	Term 2. Ä Each term Ä Every five years Ä Continuous (six monthly)	Lyn Torrens Lance Peters Val Evans.
	1.2 Following recommendations of above and approvals by Committee of Management, recruit tutors and seek expressions of interest.	Post-Term 2.	Curriculum Coordinator (Tanya Gogorosis)
	1.3 Actively promote and encourage use of U3A Online by housebound and members with limited mobility. (Via Newsletter, Computer tutors, etc.)	In Term 2.	Promotions Sub-Committee Chair (Joy Cole) Computer Tutors' Coordinator (Carol Cameron)
	1.4 Continue to expand the use of external presenters (pro bono) for workshops and courses. Develop a database of pro bono external presenters.	On-going. In Term 2.	Specialty Courses Coordinator (Rosemary Flora)

#### 4. ENHANCE THE PROFILE OF MANNINGHAM U3A IN THE COMMUNITY.

KEY RESULTS	ACTION PLAN	TIMING	OWNER
1. EQUAL OR INCREASED SUPPORT (FINANCIAL, RESOURCES) FROM GOVERNMENT	1.1 Continue membership and participate in U3A Network and the Eastern Metropolitan Region U3A Forum.	On-going.	Delegated Reps. (David Farrar Lance Peters)
	1.2 Continue public relations activities at public functions, events, etc. and distribute appropriate publications and publicity materials.	On-going.	Promotions Sub-Committee Delegated Reps.
2. INCREASED MEMBERSHIP	2.1 Research into the interests of the various sectors of Seniors.	In Term 3.	David Farrar. - Lance Peters - Les Dale
	2.2 Analyse research results and produce recommendations for action in 2008.	End Term 3.	As Above.

## 5. MAINTAIN LIAISON WITH EXTERNAL BODIES ASSOCIATED WITH THE U3A MOVEMENT AND OTHERS.

KEY RESULTS	ACTION PLAN	TIMING	OWNER
1. MEMBERSHIP OF EXTERNAL BODIES LOOKING AT U3A ISSUES	1.1 Continue membership and participation in U3A Network and the Eastern Metropolitan Region U3A Forum.	On-going.	Delegated Reps. (David Farrar Lance Peters)
	1.2 Continue in Local Government forums and committees.	On-going.	Accommodation Sub-Committee Chair (Les Dale)
	1.3 Participate in enquiries and investigations of the operation of the U3A area.		
	1.4 Liaise with other U3As individually regarding matter of common interest.		
	1.5 Continue public relations activities at public functions, events, etc. and the distribution of appropriate publications and publicity materials.	On-going.	Promotions Sub-Committee Delegated Reps.
2. INCREASED MEMBERSHIP IN TERTIARY CLASSES/ACTIVITIES.	2.1 Research into the interests of the various sectors of Seniors unable to be offered at Manningham U3A.	In Term 3.	David Farrar. Lance Peters Les Dale
	2.2 Liaise with TAFE Institutes and Universities regarding inclusion of U3A members in their classes.	End Term 3.	As Above.

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## **Other COM members 2009**

Wendy Donovan Volunteer Coordinator, Laurene Eames Office Manager, Graeme Martin Furniture and Equipment Coordinator, Margaret Salomon Curriculum Coordinator, Lyn Torrens Enrolment and Data Processing Coordinator, Alita Mossop Co-opted Minute Secretary, Lance Peters Co-opted Survey Coordinator.

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## **Manningham U3A Courses 2010**

### **About Ourselves**

#### **CPR Lecture 1 (Code 3200)**

Cardio Pulmonary Resuscitation awareness programme. This '4 steps for life' programme has been developed to promote awareness & confidence among people aged 50 & over to perform CPR. This is an informal presentation with DVD, lecture & discussion. Practice workshops are for small groups. Lecture 1 is 4 June 2010.

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 2 Venue: U3A Centre Room 14

#### **CPR Lecture 2 (Code 3205)**

Cardio Pulmonary Resuscitation awareness lecture followed by workshops for small groups. Lecture 2 is 10 September 2010.

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 14

#### **CPR Workshop 1A (Code 3201A)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 2 Venue: U3A Centre Room 14

#### **CPR Workshop 1B (Code 3201B)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 2 Venue: U3A Centre Room 14

#### **CPR Workshop 1C (Code 3201C)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 14

#### **CPR Workshop 2A (Code 3206A)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 14

#### **CPR Workshop 2B (Code 3206B)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 4 Venue: U3A Centre Room 14

#### **CPR Workshop 2C (Code 3206C)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 4 Venue: U3A Centre Room 14



### **Culture, Theory and Practice (Code 3400)**

How do we live? What can we know? This course is a selection of ways in which our Western culture has historically answered these questions. It follows the Humanist tradition which understands that human beings are responsible for their world. Participants will be required to be open-minded and tolerant of a variety of ideas and opinions. Some pre-reading may be required.  
Joan Sheridan

Tue 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Dining Out with Friends (Code 3600)**

Join us at one of the many restaurants in the Manningham area. The menus are varied and prices reasonable. Lists for dinners, with menus, are posted on the U3A notice board. Costs per meal are generally between \$25 and \$35. CONDITIONS APPLY: Restaurants require confirmation of numbers by Monday lunchtime (2 days prior to the dinner). Inadequate notice of cancellation may result in liability to pay for the meal. .

Hazel Ferguson

Wed 7:00 pm start Wk 3 Terms: 1,2,3,4 Venue: Various Locations

### **Genealogy - Family History - Level 1 (Code 5100)**

Are you interested in discovering your roots and family secrets? You will receive support while you investigate your family tree with an aim to integration into the self-help group.

Jane Tindale

Mon 10:30-11:50 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Genealogy - Family History - Level 2 (Code 5105)**

This is a self-help group for those who know the basics but need the incentive to keep going with their family history. Aimed at members who are capable of working on their own.

Valerie Bell

Mon 12:00-1:20 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Good Health - Good Medicine (Code 5190)**

This class will cover general health issues, medicines, natural medicines, medical terminology, etc, with time for questions and discussion.

David Duerden

Mon 10:30-11:50 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Healing - Mind, Body, Spirit (Code 5420)**

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

Corale Taylor

Tue 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **Inner Peace Inner Power (Code 5610)**

This course will help you understand and harness the energy of your mind. It will help you with positive thinking and enable you to create new attitudes and responses to life through small group discussion and meditation using Brahma Kumari's teachings.

Kirtida Baxi

Tue 3:00-4:20 Weekly Terms: 1,2 Venue: Private Residence

### **Life Skills in Our Later Years (Code 6140)**

Develop and reconnect with the wisdom and resources found in your family and your social context in a supportive, interactive group.

Josephine Grant

Tue 11:15-12:45 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

### **Managing Money in Retirement (Code 6200)**

A question & answer format will allow participants to discuss matters of interest. Be prepared to come with questions. Assistance will be provided to undertake your own research between sessions.

David Silver

Mon 10:30-11:50 Wk 1,3 Terms: 1 Venue: U3A Centre Room 8

**Meditation (Code 6300)**

Training and practice in awareness and investigating the truth of oneself.

John Fairbrass

Thu 9:00-10:20 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Philosophy - Esoteric Yoga (Code 7210T1)**

Lyn Colenso

Tue 3:00-4:20 Weekly Terms: 1 Venue: U3A Centre Room 15

**Philosophy & Culture - Hindu (Code 7200)**

To understand about eternal truths, reality & consciousness based on ancient texts still very relevant to today's society - improves one's mind, body and spirit. Textbook cost: \$10.

Saroja Swami

Fri 10:30-11:50 Weekly Terms: 2,3 Venue: U3A Centre Room 15

**Psychology Group A (Code 7720)**

Some aspects of the theory and practice of Psychology provide the basis for discussion of issues relevant to class members. No previous study of Psychology is needed to be able to participate fully in this class. Guest speakers add interest to this course.

Heather Ambrose

Mon 12:00-1:20 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Psychology Group B (Code 7721) see Group A**

Heather Ambrose

Wed 9:00-10:20 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

**The New Consciousness (Code 8800)**

Inspired by Eckhart Tolle's book, the 'Power of Now', this course looks at the power of living in the present moment. Learn from ancient wisdom and modern science about the evolution of consciousness. Powerpoint presentation including audio and video clips.

Wade Dickson

Fri 12:00-1:20 Weekly Terms: 1,2,3 Venue: U3A Centre Room 13

**About Our World**

**Bird Watching - Self Help (Code 1350)**

Learn the joys of bird watching in our local parks - short walks in good company to hone our bird watching skills. Advice on binoculars, field guides and joining a bird watching association will be provided. The schedule for each term will be on the notice board.

Bruce Ford

Tue 9:00 am start Wk 4 Terms: 1,2,3,4 Venue: Various Locations

**Cooking - Mediterranean (Code 3000)**

Preparation of Mediterranean and vegetarian dishes, with some seafood dishes. Towards the end of class we enjoy what has been cooked. Facility fee: \$20 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday). Fee for ingredients: \$30 to be paid direct to tutor. Photocopying: \$1.

Tony Ellul

Wed 12:00-1:20 Wk 1,3 Terms: 1,2 Venue: Memorial Hall Kitchen

**Cosmology - The Deep Questions (Code 3100)**

This course is continuously updated. Discussion covers deep space, deep time, our cosmic origins, evolution of galaxies, stars, planets; origins/evolution of life on Earth; exobiological and metaphysical possibilities; how our conduct in human affairs relates to this cosmic perspective. Updated notes and visuals. No science background needed.

John O'Connor

Wed 1:30-2:50 Weekly Terms: 1,2,4 Venue: U3A Centre Room 14

### **Cultural & Social Theory - Reading Group (Code 3350)**

This class will read Richard Sennett's book entitled "The Craftsman". Sennett has been described as 'one of the boldest social thinkers of our generation. He has a genius for revealing the roots of our discontents'. Participants are required to purchase the book and actively contribute to the discussion and presentation.

Joan Sheridan

Tue 1:30-2:25 Weekly Terms: 3,4 Venue: U3A Centre Room 8

### **Current Affairs - Behind The News (Code 3450)**

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 which comprises members from diverse backgrounds.

Howard Permezel

Fri 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Current Affairs - Group A (Code 3495)**

See Group B.

David Jenz

Tue 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Current Affairs - Group B (Code 3500)**

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.

David Jenz

Tue 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Film Appreciation (Code 4350)**

Watch and discuss films projected from video or DVD. The selection of films is based on themes such as actor, genre, director or subject.

Warwick Pole

Wed 1:30-4:00 Wk 2,4 Terms: 1,2,3 Venue: Applewood Retirement Village

### **History - Australian (Code 5510)**

Includes - Alternative explorers; Convicts & Gaolers; Gold fever; Ned Kelly; Melbourne Cup; Bush Brotherhood; Workingman's paradise; Great War - Western Front; Australia & Pacific War; Petrov & Political machinations.

Des Thornton

Tue 11:15-12:45 Wk 1,3 Terms: 1,2 Venue: U3A Centre Rooms 16-18

### **History - Military (Code 5540)**

A wide ranging coverage of the history of warfare at sea, on land and in the air, including events, campaigns, weaponry and people.

Robert Ellis

Tue 11:15-12:45 Wk 1,3 Terms: 3,4 Venue: U3A Centre Rooms 16-17

### **History of Medicine (Code 5550)**

Development of the history of medicine, outlining the countries, the culture, the politics etc and the great people who changed the direction of medicine.

Laurence Simpson

Wed 3:00-4:20 Wk 1,2,4 Terms: 1,2 Venue: U3A Centre Room 14

### **History of Numbers (Code 5555)**

How numbers evolved and why; progression from primitive marks to current numerals; numbering systems used by ancient civilisations and how they influenced our civilisation; the abacus and similar devices; different ways of doing simple arithmetic; tricks, games and puzzles with numbers; different number bases; how computers count. Prerequisites: a knowledge of basic secondary school arithmetic and an enquiring mind.

Warwick Wright

Mon 10:30-11:50 Weekly Terms: 1,2 Venue: U3A Centre Room 14

### **History of Technology (Code 5560)**

Technology has given us a lifestyle none of our ancestors could possibly have imagined, yet we take it for granted. In fact it has been transforming mankind's life since prehistory. The course is from prehistory to the present day, and examines the big steps forward in fields such as communication, energy, food, medicine and transportation. The class will discuss the effects on society in each case. Photocopying cost: \$5.

David Farrar

Mon 1:30-2:50 Weekly Terms: 1,2 Venue: U3A Centre Room 13

### **Living More Sustainably (Code 6150)**

A green makeover - help the environment and save money at the same time! In this 8 week course you will learn about some of the key issues of sustainability and what you can do to reduce your impact on the planet. The course will include energy, water, waste, transport, gardening, volunteering, cleaning and smart shopping.

Pat Armstrong

Thu 9:00-10:20 Weekly Terms: 1 Venue: U3A Centre Room 13

### **Maths in Society (Code 6230)**

A continuation of the Maths in Society 2009 class. Other students with some knowledge of school maths are welcome. The course text can be bought for \$20 or hired from the tutor for \$5 per year.

Alistair Parkin

Wed 9:00-10:20 Wk 1,2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Monthly Talks (Code 6500)**

Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board. \$2.00 entry to cover expenses & cuppa. Open to the public so visitors are welcome.

Coral Vercoe

Wed 3:00-4:20 Wk 3 Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

### **Philosophy Social (Code 7220)**

A Philosophical analysis of social issues. Photocopying costs: approx. \$15 over the year.

Dawn Heffernan

Wed 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Religions Of The World (Code 7850)**

This course is about the founders, development and cultural differences of each religion, its place in human need and its history. Follow the path of Hinduism, Judaism, Islam, Christianity and religions of China and Japan. Curriculum will be enhanced using video clips. Photocopying cost: \$5.

Jane Lithoxopoulos

Tue 1:30-2:50 Weekly Terms: 1,2 Venue: U3A Centre Room 13

### **Science - Food Technology and History (Code 8000)**

Each year we look at a different set of foods in terms of their origin, cultivation, processing, nutritional value and place in the human diet. This year our topics include bananas, chewing gum, peanuts and tea.

Tom Heyhoe

Mon 3:00-4:20 Weekly Terms: 1 Venue: U3A Centre Room 13

### **Science - The Story (Code 8040)**

This course assumes no previous knowledge of science or history but a large amount of factual information will be conveyed. The course describes how and when new science ideas emerged, from the Stone Age through to about 2000. Photocopies will be provided. Class members will be expected to participate in discussion.

Leslie Dale

Thu 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Science - What Is It? (Code 8045)**

The course gallops through the History of Science, considers at some length Epistemology, the Philosophy of Science, and finally examines the impact of science on Medical Practice, Evidence Based Medicine.

Tony Heyes

### **Science - What We Eat (Code 8050)**

A look at what is in our food (nutrients, additives, etc), what Australians eat, specific diets and eating for health. Each year we examine some topics in depth. This year our in-depth topics include the value of dietary supplements.

Tom Heyhoe

Mon 3:00-4:20 Weekly Terms: 4 Venue: U3A Centre Room 13

### **Stockmarket - Self Help Discussion Group (Code 8400)**

Sub-Committee Convenor: Kevin Dunn. Sub-Committee Members: John Hassed, Ray Cross, Josephine Grant, Carcy Kwok. Aims: to identify and understand how internal and global events may impact on the Australian share market and to help one another better understand how the Australian share market operates. The sub-committee will coordinate the selection of topics and invite guest speakers. Active participation of all class members will be encouraged.

Kevin Dunn

Thu 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

### **Travellers' Tales (Code 8810)**

Joady Barnes

Wed 3:00-4:20 Wk 2,4 Terms: 3,4 Venue: U3A Centre Room 13

## **Computing**

### **Computers - Basics Level 1 (Code 2000T1)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1

### **Computers - Basics Level 1 (Code 2000T2)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 2 Venue: U3A Centre Room 1

### **Computers - Basics Level 1 (Code 2000T3)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 3 Venue: U3A Centre Room 1

### **Computers - Basics Level 1 (Code 2000T4)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 4 Venue: U3A Centre Room 1

### **Computers - Basics Level 1 Group B (Code 2000T4B)**

Kent Garland

Mon 1:00-2:30 Weekly Terms: 4 Venue: U3A Centre Room 1

### **Computers - Excel Level 1 (Code 2100T2)**

Carol Cameron

Wed 3:00-4:30 Weekly Terms: 2 Venue: U3A Centre Room 1

### **Computers - Excel Level 2 (Code 2102T4)**

Carol Cameron

Wed 3:00-4:30 Weekly Terms: 4 Venue: U3A Centre Room 1

### **Computers - Family Records (Code 2110T2)**

Graham Ferres

Mon 9:00-10:20 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Family Records (Code 2110T3)**

Graham Ferres

Mon 9:00-10:20 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - Family Records (Code 2110T1)**

Graham Ferres

Mon 9:00-10:20 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Family Records (Code 2110T4)**

Graham Ferres

Mon 9:00-10:20 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - File Management (Code 2115T3)**

Terence Pearlgood

Wed 1:00-2:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - For Novices (Code 2125T1)**

Coral Newstead

Thu 1:00-2:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - For Novices (Code 2125T2)**

Coral Newstead

Thu 1:00-2:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Intermediate Level 1 (Code 2200T1)**

Warwick Wright

Wed 9:00-10:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Intermediate Level 2 (Code 2205T2)**

Warwick Wright

Wed 9:00-10:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Internet & Email (Code 2250T1)**

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Internet & Email (Code 2250T2)**

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Internet & Email (Code 2250T4)**

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - MS Publisher (Code 2300T3)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - MS Word (Code 2305T1)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T1)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T2)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 2 Venue: U3A Centre Room 1



**Computers - Photo-editing (Code 2700T3)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T4)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Creative Arts**

**Art - Unlock the Mysteries! (Code 1050)**

Art puzzles many people. Unlock the mystery with me by looking at examples and discussing them. You will learn to analyse what you are seeing. Art is made by line, colour, texture, form and subject. It is a response to the time in which it is produced. You don't have to like it in order to discuss it. Includes some simple, practical exercises.

Christine Lederman

Wed 3:15-4:20 Weekly Terms: 1,2 Venue: U3A Centre Room 15

**Calligraphy - Level 1 (Code 1650)**

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.

Roy Griffin

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Calligraphy with Illumination - Level 2 (Code 1655)**

Calligraphy is the art of beautiful writing using different styles and alphabets. Develop skills in illumination and presentation using modern Gothic, Roman and other lettering.

Laurie Bicknell

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Drawing & Pastels - Level 2 (Code 3700)**

Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Drawing & Pastels - Level 3 (Code 3705)**

Both levels 2 & 3 drawing and pastels classes are self-help at a high level, concentrating on portraits, figure drawing & still life.

Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Drawing, Pastels Plus - Level 1 (Code 3740)**

Basic drawing skills, pastel painting plus mixed media for beginners and advanced students. The aim of this class is to have both structure and imagination.

Lynne Deans

Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Drawing, Pastels Plus - Level 2 (Code 3745)**

Basic and advanced drawing techniques in pastel, pen and ink, pencil and watercolour pencils. Includes intuitive art and creative approaches to achieve results.

Lynne Deans

Fri 10:30-12:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Embroidery - Needles & Threads (Code 4100)**

This is a self-help group suitable for beginners and advanced. Participants may work on embroidery, tapestry, etc.

Lauris Ward

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Embroidery for Beginners (Code 4120)**

Embroidery for the beginner to the more experienced.

Desiree Higgins

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Domaine Retirement Village

### **Felting for Beginners and Beyond (Code 4300)**

No prior experience is necessary. Participants will start with small projects - eg buttons, beads & brooches, then continue to larger projects like scarves, bags & wall hangings. Beading onto felt also will be taught. Most materials included for \$50 fee (payable to tutor).

Susan Ferres

Thu 1:30-3:00 Weekly Terms: 1 Venue: Domaine Retirement Village

### **Handcrafts (Code 5300)**

A self-help group for sharing skills and experimenting together. 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. Students will be told at 1st class what they need to purchase for themselves.

Carmen Woodward

Wed 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Private Residence

### **Ikebana - Level 1 - Group A (Code 5600)**

This 4 week course is an introduction to the Japanese art of flower arranging using fresh materials and simple containers.

Kaye Wong

Fri 3:00-4:20 Weekly Terms: 2 Venue: U3A Centre Room 15

### **Ikebana - Level 1 - Group B (Code 5605)**

See Group A

Kaye Wong

Fri 10:30-11:50 Weekly Terms: 2 Venue: U3A Centre Room 15

### **Ikebana Demonstration (Code 5595)**

Kaye Wong

Thu 3:00-4:20 Weekly Terms: 4 Venue: U3A Centre Room 15

### **Ikebana Demonstration B (Code 5596)**

Kaye Wong

Fri 10:30-11:50 Weekly Terms: 4 Venue: U3A Centre Room 15

### **Marquetry - Self Help (Code 6210)**

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

Lindsay Roberts

Tue 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Mosaics for Beginners and Beyond (Code 6520)**

No previous experience is necessary. Learn mosaics step-by-step with flat projects like stepping stones, house numbers and trivets. Decorate a pot, water bowl or bird bath for a second project. Most materials included for \$50 fee (payable to tutor).

Susan Ferres

Thu 1:30-3:00 Weekly Terms: 2 Venue: Domaine Retirement Village

### **Music - Choral Singing (Code 6600)**

Group singing. If you are able to sing a melody in tune, you will enjoy this course.

Cleone Jordan-Baini

Thu 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: Greenview Retirement Village

**Music - For Beginners (Code 6610)**

Learn to read and sing music notes, and to interpret music terminology. Some discussion on eras, form, style, composers, and instruments, as the need arises.

Virginia Malios

Wed 11:15-12:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Music - History & Appreciation (Code 6640)**

Having studied Beethoven, Schubert and Berlioz, we have reached the Romantic era and will study Schumann, Mendelssohn, Chopin, Wagner, Grieg, Liszt and many others.. Facility fee: \$10 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday). Handouts throughout the year: ~\$30.

David Lording

Mon 2:15 start Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

**Music - Recorder Group (Code 6670)**

This group is for people who can play at least one recorder - alto, tenor or bass - and can do basic sightreading. We play a wide variety of music including members' choices.

Janet Pelzer

Fri 1:00-3:00 Wk 2,4 Terms: 1,2,3,4 Venue: Private Residence

**Music - Singing For Pleasure (Code 6680)**

Singing is good for body 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.

Initial folio of music \$15.

Beryl Nichols

Fri 10:30-11:50 Weekly Terms: 2,3,4 Venue: Templestowe Orchards Retirement Village

**Music Theory (Code 6690)**

This is an introduction to Music Theory for anyone who wants to sing, play an instrument or simply learn to read music.

Joe Bonaccorso

Fri 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Needlework (Code 6800)**

This course can include needlework such as cross-stitch, tapestry, hardanger, needlepoint, blackwork, bargello or any of the stitches that can be worked on even-weave fabric or canvas as well as beading and character knitting.

Carmen Woodward

Fri 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Private Residence

**Painting - Acrylics & Gouache (Code 7010)**

This course caters for beginners and those with some experience.

Bernadine Williams

Fri 1:45-3:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Painting - Chinese (Code 7020)**

Sam Wong

Mon 11:15-1:15 Weekly Terms: 3 Venue: U3A Centre Room 15

**Painting - Watercolour - Level 2 (Code 7055)**

For students with prior watercolour painting experience. 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. \*Not for Beginners\*.

Jan Palmer

Thu 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Painting - Watercolour - Self Help (Code 7060)**

Members who enjoy painting together welcome others with a basic knowledge of watercolour painting.

Joseph De Bono

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Painting With Oils (Code 7080)**

This course is for those with some experience in painting with oils. Initial costs for supplies is about \$50.

Bernadine Williams

Wed 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Pottery - Introduction to Handbuilding (Code 7500)**

An 8 week introductory course with participants creating an item of their own choice. Materials & firing are paid for as used (approx. cost: \$20).

Marjorie Beecham

Fri 10:00-1:00 Weekly Terms: 1 Venue: Warrandyte Arts Association

### **Sculpture - Self Help (Code 8220)**

A self-help group exploring clay, stone and wood to produce small and medium sized projects. Tools and materials acquired as needed. Beginners welcome.

Sandra Dean

Wed 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Wood Carving - An Introduction (Code 9050)**

Whittling and chip carving - developing carving in the round and decorative carving skills. Initial kit supplied: approx. \$50 payable at 1st session.

Patrick Burder

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 17

### **Woolcraft (Code 9080)**

This class will suit knitters of all abilities, from beginners to advanced. Crocheting also encouraged.

Marie Klein

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

## ***English: Written & Spoken***

### **Australian Literature (Code 1060)**

We will study life as portrayed in our time through the medium of the novel, short story, drama, poetry and other distinguished political, social and emotive writings. The list of novels will be posted on the noticeboard.

Barbara Haye

Thu 10:30-11:50 Wk 1,3 Terms: 2,3,4 Venue: U3A Centre Room 14

### **Book Discussion Group (Code 1450)**

Books are selected by the group and are provided by the Council of Adult Education at an additional cost. In 2010 costs are \$78 (concession), \$112 (seniors), \$130 (full). Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation.

Judith Dall'Oste

Wed 1:30-2:50 Wk 3 Terms: 1,2,3,4 Venue: Greenview Retirement Village

### **English (ESL) - Basic Writing (Code 4190)**

For speakers of English as a second language who already speak at an intermediate level or better.

This course will include writing notes, messages and short letters, and filling in forms. We will also work on spelling, grammar and punctuation.

Jean de Neef

Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **English (ESL) - Conversation Level 1 (Code 4200)**

For speakers of English as a second language. Increase your vocabulary and improve your pronunciation through small group conversation.

Joan Creber

Wed 9:15-10:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

**English (ESL) - Conversation Level 2 - Group A (Code 4201)**

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.

Jean de Neef

Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**English (ESL) - Conversation Level 2 - Group B (Code 4202)**

See Group A

Helen Lowell

Thu 12:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**English (ESL) - Tutor Training (Code 4210)**

This 6 week course is a program to train tutors to teach simple conversational English to migrants on a one to one basis.

Joan Creber

Mon 11:00-1:00 Weekly Terms: 1 Venue: U3A Centre Room 15

**English (ESL) - Tutor Training (Code 4211)**

see description above (code 4210).

Joan Creber

Thu 1:30-4:20 Weekly Terms: 4 Venue: U3A Centre Room 13

**Reading For Pleasure (Code 7800)**

Themes in contemporary fiction: selected reading to observe the various ways in which authors use fiction to express the issues & concerns of modern society.

Margaret Murphy

Mon 1:30-3:00 Wk 1 Terms: 1,2,3,4 Venue: Templestowe Retirement Village

**Writing - The Written Word (Code 9120)**

This is a group who engage in all aspects of the 'Written Word' in a relaxed and encouraging environment.

Patricia Taylor

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

**Games & Hobbies**

**Bridge - Beginners (Code 1500)**

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

Nena Reid

Tue 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Bridge - Duplicate - Group A (Code 1520)**

This group is for people who know how to play bridge. See also Group B.

Ross Henderson

Tue 1:30-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Bridge - Duplicate - Group B (Code 1522)**

Both groups cater 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. N.B. Only ONE Duplicate Bridge class per member.

John Driver

Thu 1:30-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Bridge Practice - Self Help (Code 1530)**

Suitable for newer bridge players wishing to gain experience. No formal supervision, but some guidance will be offered to the less experienced players. This class is not available to those enrolled in a Duplicate Group.

Tess Gibbs

Tue 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

### **Card Games (Code 1673)**

Come and play cards for fun, mental stimulation and social interaction.

Lynne Fitzsimons

Fri 1:30-3:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

### **Cryptic Crosswords (Code 3300T1)**

Barbara Hetherington

Tue 1:30-3:00 Weekly Terms: 1,2 Venue: Private Residence

### **Mahjong - Western - Self Help (Code 6190)**

A western style self-help form of this ancient Asian tile game. For independent, self-motivated experienced players. NO tuition given.

Carol Henderson

Mon 10:45-12:15 Wk 2,4 Terms: 1,2,3,4 Venue: Roseville Retirement Village

### **Scrabble (Code 8200)**

Scrabble is a mentally stimulating game, suitable for all ages. 'Scrabble Society' books and dictionaries are available for use.

Jill Doyle

Thu 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Solo (Code 8300)**

Both original version and Auction Solo are played and instruction given in each.

Robert Axtens

Wed 1:00-4:00 Weekly Terms: 1,2,3,4 Venue: Applewood Retirement Village

## **Health & Fitness**

### **Badminton (Code 1200)**

This social badminton group is for experienced players and beginners. Badminton is an active indoor game. Participants should provide their own rackets. There is a small charge to cover the cost of shuttlecocks. Facility fee: \$40 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday).

Evelyne Perks

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Templestowe Leisure Centre Stadium

### **Ballroom Dancing - Advanced (Code 1250)**

Keep fit! Come ballroom dancing - enjoy the music and movement. It's a wonderful way to promote co-ordination, balance, mobility and flexibility as well as being a great social activity for people of all ages. You need to have done 3 years at beginners level to join this class. Facility fee: \$30 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday).

Patrick Khaw

Wed 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Ballroom Dancing - Beginners (Code 1251)**

This course teaches dances useful for a dinner dance occasion. It is also a good foundation for the Intermediate class.

Ethel Fredericks

Mon 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

### **Ballroom Dancing - Intermediate (Code 1252)**

If you have attended one to two years of beginners ballroom this may be the class for you. Expand your dance repertoire, exercise your memory and develop more poise and confidence. Facility fee: \$30 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday).

NB Only ONE Ballroom Dancing class per member.

Noel Wright

Wed 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room



**Belly Dancing (Code 1260)**

Beginners - for fun and fitness. It will help you to bring out the creative and sensual 'you'.

Teresa Bowden

Fri 12:30-1:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Golf for All (Code 5145)**

An enjoyable nine holes of golf for all those interested in the game. Green fees apply.

John Mugridge

Tue 9:15 am start Weekly Terms: 1,2,3,4 Venue: Freeway Golf Course

**Golf for Fun (Code 5150)**

For non-serious golfers. If you play the occasional game of golf, join us for fun and exercise. A round of 9 holes weekly, \$16 green fee for each session.

Douglas Brewer

Wed 7:35 am start Weekly Terms: 1,2,3,4 Venue: Freeway Golf Course

**Greek Folk Dancing (Code 5210)**

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

Virginia Malios

Thu 11:45-1:10 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Lawn Bowls for Beginners (Code 6050)**

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. Borrow club bowls or use your own. No fees.

Barry Wilkins

Thu 1:30 start Weekly Terms: 1,2,3,4 Venue: Donvale Bowls Club

**Line Dancing (Code 6145)**

Julie Chau

Wed 3:30-4:20 Weekly Terms: 4 Venue: Pines Function Room

**Petanque - French Bowls (Code 7100)**

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.

Donald Gay

Mon 9:00 start Weekly Terms: 1,2,3,4 Venue: Rieschiecks Reserve

**Rock & Roll, Swing & Salsa (Code 7900)**

Edwin Goodieson

Mon 1:15-2:15 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Strength Training - Level 1 Group A (Code 8500T1)**

Moiria Axtens

Mon,Thu 9:00-10:20 Weekly Terms: 1 Venue: Pines Function Room

**Strength Training - Level 1 Group B (Code 8502T1)**

Vivienne Sterndale

Mon,Thu 10:30-11:50 Weekly Terms: 1 Venue: Pines Function Room

**Strength Training - Level 2 Group A (Code 8505)**

See Group D

Josephine McDermott

Mon,Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Strength Training - Level 2 Group B (Code 8510) See Group D**

Tony Ellul

Mon,Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Strength Training - Level 2 Group C (Code 8515)** See Group D

Moirá Axtens

Tue, Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Strength Training - Level 2 Group D (Code 8520)**

Level 2 groups offer you the opportunity to continue to build up strength and maintain fitness. NB: A PREREQUISITE for enrolment in a Level 2 group is completion of a basic Strength Training course. ATTENDANCE TWICE WEEKLY FOR ALL STRENGTH TRAINING CLASSES IS REQUIRED.

Course/Facility fee Strength Training: \$30 for the year payable at the U3A office prior to the beginning of term one. This fee applies to all strength training classes.

The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday).

Moirá Axtens

Tue, Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Table Tennis (Code 8600)**

Learn the basic skills and rules for the enjoyment of participating at a social level. Advanced tuition is available to competition standard, if required. Facility fee: \$20 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday).

Erwin Kolbeck

Thu 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Donvale Indoor Sports Centre

**Tai Chi Ch'uan - Advanced (Code 8650)**

A simple step-by-step, form by form progression to the twenty four forms of simplified T'ai Chi Ch'uan. Developed by the Sports Committee of the People's Republic of China, it includes some warm-up exercises and Tai Chi Qi-gong 1st Eighteen and 2nd Eighteen plus Tai Chi Qi Koun and Tai Chi Fan.

William Mak

Wed 1:30-3:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Tai Chi Ch'uan - Beginners (Code 8652)**

as for Tai Chi Ch'uan - Advanced - see above.

William Mak

Wed 3:00-4:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Tai Chi Level 1 (Code 8655)**

T'ai 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 & coordination. Facility fee: \$20 payable at U3A office prior to the beginning of term one. The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday).

Angelina Chung

Tue 9:30-10:30 Weekly Terms: 1,2,3,4 Venue: Basketball Stadium Activity Room

**Tai Chi Level 2 (Code 8660)**

Refine and practise all forms taught: Beijing 24, T'ai Chi Qi-gong Shibashi 18 movements, T'ai Chi for Arthritis (Sun Style). Participants must have completed all of these forms of T'ai Chi. This course is not suitable for beginners. Check regarding suitability of previous experience with tutor or class representative if unsure. Facility fee: \$20 payable at U3A office prior to the beginning of term one.

The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday).

NB: Only one Tai Chi class per member.

Angelina Chung

Tue 10:30-11:30 Weekly Terms: 1,2,3,4 Venue: Basketball Stadium Activity Room

**Tennis (Code 8750)**

This social tennis group welcomes all those who have ever played. Facility fee: \$20 payable at U3A office prior to joining the class. The U3A office will be open 9-3 weekdays from 25 January 2010 (closed 26/1 public holiday).

Beryl Mathieson

Mon 8:30-11:00 Weekly Terms: 1,2,3,4 Venue: Donvale Tennis Club

**Walking for Exercise - Friday (Code 9005)**

Easy walking, approximately 1 hour. BYO morning tea. Meeting at 8:50am at parks listed on walk sheets.

Douglas Brewer

Fri 8:50 am start Wk 1,3 Terms: 1,2,3,4 Venue: Various Locations

**Walking for Exercise - Wednesday (Code 9003)**

Walk in Ruffey Lake Park. Meet in the car park on Victoria Street. Melways 33 J10.

A regular walk in the morning is the best exercise for seniors. Maintain your fitness with good company.

Bruce Ford

Wed 9:00 am start Weekly Terms: 1,2,3,4 Venue: Ruffey Lake Park

**Walking for Fitness - Thursday (Code 9010)**

One hour walks in and around Manningham and nearby parks and reserves. To enjoy these walks, participants should be reasonably fit and injury free. The schedule for each term will be on the U3A notice board.

Don McKelvie

Thu 9:05 am start Weekly Terms: 1,2,3,4 Venue: Various Locations

**Walking for Health & Pleasure (Code 9015)**

Enjoy the beauty of Melbourne's parks, gardens and trails and improve your health at the same time. An added bonus is meeting people of similar age and interests and having a 'cuppa' with them afterwards. Walks generally take between one and two hours. The schedule for each term will be on the U3A notice board.

Audrey Killey

Fri 9:00 am start Wk 2,4 Terms: 1,2,3,4 Venue: Various Locations

**Yoga - Classical Group A (Code 9220)**

Stretching and toning the muscles: keeping the spine and joints flexible, improving circulation. The 5 principles of yoga and meditation will be incorporated. Yoga for everyday living will be included.

Barbara Byrne

Wed 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga - Classical Group B (Code 9222) As for Classical - Group A.**

Alan Smith

Thu 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga - for Life (Code 9230)**

Suitable for beginners, sessions will start with warming-up, continue to centring and breath awareness, Yoga postures, and finish with relaxation.

Ranjit Thurairajah

Tue 3:00-4:20 Weekly Terms: 1,2 Venue: U3A Centre Room 14

**Yoga - For the Not-So-Supple - Level 2 (Code 9242)**

For those with some previous experience of yoga. These advanced sessions will be a new programme based on Tibetan Kum Nye. It will require a commitment to practise on a daily basis at home. New class members must have 2 years or more experience of yoga. NB This is NOT a class for beginners.

Lorna Andreassen

Fri 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga - Hatha Group A (Code 9260)**

Lesley Catt

Mon 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga - Hatha Group B (Code 9265)**

Lesley Catt

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga - Hatha Group C (Code 9270)**

Stretch and relax your body; quieten and free your mind; discover yourself in both movement and stillness. PLEASE INDICATE A SECOND CHOICE ON YOUR APPLICATION FORM FOR THESE CLASSES

Lesley Catt

Mon 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga - Hatha Integral (Code 9275)**

Gloria Matison

Tue 3:15-4:20 Weekly Terms: 3,4 Venue: U3A Centre Room 14

**Yoga - Iyengar Style (Code 9280)**

Easy to follow exercises tone the muscles and build stamina. The benefits are not merely physical as yoga has the power to calm the mind and help one cope with tension.

NOTE : ONLY ONE YOGA CLASS PER MEMBER.

Eric Stewart

Fri 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Languages**

**Chinese - Advanced (Code 1800)**

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.

Linda Chin

Tue 12:00-1:20 Weekly Terms: 2,3,4 Venue: U3A Centre Room 13

**Chinese - Mandarin Level 1 Group A (Code 1805)**

This is a class for beginners.

Yanwen Huang

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Chinese - Mandarin Level 1 Group B (Code 1810)**

This is a class for beginners.

WeiXing Huang

Fri 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Chinese - Mandarin Level 2 (Code 1815)**

Follows on from Level 1 - some previous knowledge required.

WeiXing Huang

Mon 9:10-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**French Conversation - Level 2 (Code 4500)**

Principal objective: for students to be able to make themselves understood in writing and speaking French in French-speaking countries. This course is not suitable for beginners.

Clive Scott

Fri 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**French Conversation - Level 3 (Code 4502)**

This course is for advanced students of French. We improve our French speaking skills through small group conversation.

Monique Plantier

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

**French Level 2 - Self Help - Group A (Code 4504)**

This course includes grammar, reading and conversation. It is suitable for those with some knowledge of French wishing to revise and improve their skills. Textbook: to be decided.

Helen Anderson

Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**French Level 2 - Self help - Group B (Code 4505)**

Same as for Group A.

Helen Anderson

Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**German (Code 5110)**

This course is revision and continuation of the LEVEL 1 German class. All students with some knowledge of German are welcome. Text: to be advised.

Trudy Ward

Wed 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**German - Self Help (Code 5115)**

This course is suitable for those with some knowledge of German wishing to revise and improve their skills - the level will be determined by the knowledge of the participants.

Warwick Pole

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

**Greek - Level 1 (Code 5200)**

No previous knowledge of Greek required for this beginner's course which will commence with the Greek alphabet. Text books will be provided.

Virginia Malios

Thu 9:00-10:00 Weekly Terms: 2,3,4 Venue: U3A Centre Room 8

**Greek Conversation (Code 5205)**

This course is for those who can speak some Greek. Conversations may include reading, writing, pronunciation and touch on grammar where necessary.

Virginia Malios

Thu 10:00-11:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

**Italian - Level 1 (Code 5620)**

Please enrol in Italian Level 1 OR Level 2 - NOT BOTH

Italian Level 1: No previous knowledge of Italian required. Oral/Aural approach (Buongiorno Italia), plus reading and grammar. Texts: 1) A Progressive Italian Grammar - Komadina & Orifici - please buy from Continental Book Shop 9824 7711. 2) Buongiorno Italia, BBC \*NEW\* Edition 2005 - I shall order these from 'Fishpond' at our first session.

Neville Heffernan

Wed 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Italian - Level 2 (Code 5625)**

At least a full year of previous Italian is required. Texts: 1) A Progressive Italian Grammar, Komadina & Orifici. 2) Buongiorno Italia - author Cremona - New edition preferred but current students can manage with the old edition should they wish.

Neville Heffernan

Wed 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Italian - Self Help (Code 5650)**

This class, for people with 2 years or more of Italian, is designed to go beyond classroom Italian. We read magazines, newspapers, modern novels, listen to Italian tapes, have conversations in Italian and deal with grammar. We challenge ourselves, do homework and have fun!

Peter Goodwin

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 16

**Latin - Advanced (Code 6030)**

A continuing study of a broad range of Latin authors. Students are expected to have a good grasp of the essentials of Latin grammar. Text book required: Cambridge Latin Anthology.

Helen Kearton

Tue 2:30-3:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

**Latin - Intermediate (Code 6035)**

A continuing study of Latin language, culture and history. Text required: Cambridge Latin Course - book 3. Class members should have an understanding of all cases and the tenses of the Indicative mood.

Helen Kearton

Tue 1:15-2:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Russian - Level 1 (Code 7950)**

A beginners course requiring no previous knowledge and covering the alphabet (reading and writing), the sound system, basic grammar, vocabulary and communication.

Paul Cubberley

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

**Spanish Conversation - Level 1 (Code 8340)**

No previous knowledge of the language is required but it is also suitable for those who have some knowledge. Text book: to be advised.

Agnes Kunca

Mon 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

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## Manningham U3A Courses 2011 – 161 Courses

Art - Unlock the Mysteries!	Christine Lederman
Astronomy and Cosmology	John O'Connor
Australian Literature	Barbara Haye
Badminton	Evelyne Perks / Kay Newcombe
Ballroom Dancing - Advanced	Patrick Khaw / Lawrence Chien
Ballroom Dancing - Beginners	Ethel Fredericks
Ballroom Dancing - Intermediate	Noel Wright / Lawrence Chien
Belly Dancing	Teresa Bowden
Bird Watching - Self Help	Bruce Ford
Book Discussion Group	Judith Dall'Oste
Bridge - Beginners	Nena Reid
Bridge - Duplicate - Group A	Ross Henderson
Bridge - Duplicate - Group B	John Driver
Bridge Practice - Self Help	Tess Gibbs / Arthur Michie
Calligraphy - Level 1	Roy Griffin
Calligraphy with Illumination - Level 2	Laurie Bicknell
Card Games	Lynne Fitzsimons
Chinese - Advanced	Linda Chin
Chinese - Mandarin Level 1 Group A	Yanwen Huang
Chinese - Mandarin Level 2	WeiXing Huang
Chinese - Mandarin Level 3	WeiXing Huang
Computers - Basics Level 1	Kent Garland
Computers - Excel Level 1	Carol Cameron
Computers - Excel Level 2	Carol Cameron

Computers - Family Records	Graham Ferres
Computers - Family Tree Maker	Graham Ferres
Computers - File Management	Terence Pearlgood
Computers - For Novices	Coral Newstead
Computers - Intermediate Level 1	Warwick Wright
Computers - Intermediate Level 2	Warwick Wright
Computers - Internet & Email Workshop	Peter Bishop
Computers - MS Publisher	Barbara Hall
Computers - MS Word	Barbara Hall
Computers - Photo-editing	Barry Klein
CPR Lecture 1	Ronald Myerscough / Joan Myerscough
CPR Lecture 2	Ronald Myerscough / Joan Myerscough
CPR Workshop 1C	Ronald Myerscough / Joan Myerscough
CPR Workshop 2D	Ronald Myerscough / Joan Myerscough
Cryptic Crosswords	Barbara Hetherington
Cryptic Crosswords	Barbara Hetherington
Cultural & Social Theory - Reading Group	Joan Sheridan / Mandy Brent-Houghton
Culture, Theory and Practice	Joan Sheridan
Current Affairs - Behind The News	Howard Permezel
Current Affairs - Group A	David Jenz
Current Affairs - Group B	David Jenz
Dining Out with Friends	Hazel Ferguson
Drawing & Pastels - Level 2	Laurie Bicknell
Drawing & Pastels - Level 3	Laurie Bicknell

Drawing, Pastels Plus - Group A	Lynne Deans
Drawing, Pastels Plus - Group B	Lynne Deans
Embroidery - Needles & Threads	Lauris Ward
Embroidery for Beginners	Desiree Higgins
English (ESL) - Basic Writing	Jean de Neef
English (ESL) - Conversation Level 1	Joan Creber
English (ESL) - Conversation Level 2 - Group A	Jean de Neef
English (ESL) - Conversation Level 2 - Group B	Helen Lowell
English (ESL) - Tutor Training	Joan Creber
Film Appreciation	Warwick Pole
Food - What We Eat	Tom Heyhoe
Food Technology and History	Tom Heyhoe
French Conversation - Level 2	Monique Liethof
French Conversation - Level 3	Monique Plantier
French Level 2 - Self Help - Group A	Helen Anderson
French Level 2 - Self help - Group B	Helen Anderson
Genealogy - Family History - Level 1	Jane Tindale
Genealogy - Family History - Level 2	Valerie Bell
German	Trudy Ward
German - Self Help	Warwick Pole
Golf for All	John Mugridge
Golf for Fun	Douglas Brewer
Good Health - Good Medicine	David Duerden
Greek - Level 1	Virginia Malios
Greek Conversation	Virginia Malios

Greek Folk Dancing	Virginia Malios
Handcrafts	Carmen Woodward / Valerie Evans
Healing - Mind, Body, Spirit	Corale Taylor
History - Australian	Des Thornton
History - Military	Robert Ellis
History of Medicine	Laurence Simpson
History of Numbers	Warwick Wright
History of Technology	David Farrar
Ikebana - Class 1	Kaye Wong
Ikebana - Class 2	Kaye Wong
Inner Peace Inner Power	Kirtida Baxi
Italian - Level 1	Neville Heffernan
Italian - Level 2	Neville Heffernan
Italian - Self Help	Peter Goodwin
Language and Languages of the World	Paul Cubberley
Latin - Advanced	Helen Kearton
Latin - Intermediate	Helen Kearton
Lawn Bowls for Beginners	Barry Wilkins / Julie Wilkins
Life Skills in Our Later Years	Josephine Grant
Line Dancing	Julie Chau
Living More Sustainably	Pat Armstrong / Rosemary Flora
Mahjong - Western - Self Help	Carol Henderson
Managing Money in Retirement	David Silver / Noel Wright
Marquetry - Self Help	Lindsay Roberts
Maths in Society	Alistair Parkin

Meditation	John Fairbrass
Meditation for Inner Power Inner Peace	Kirtida Baxi
Monthly Talks	Coral Vercoe
Mosaics for Beginners and Beyond	Susan Ferres
Music - Choral Singing	Cleone Jordan-Baini
Music - For Beginners	Virginia Malios
Music - History & Appreciation	David Lording
Music - Singing For Pleasure	Beryl Nichols
Music Theory - Level 1	Virginia Malios
Music Theory - Level 2	Joe Bonaccorso
Needlework	Carmen Woodward
Painting - Acrylics & Gouache	Bernadine Williams
Painting - Chinese	Sam Wong
Painting - Watercolour - Level 2	Jan Palmer
Painting - Watercolour - Self Help	Joseph De Bono
Painting With Oils	Bernadine Williams
Petanque - French Bowls	Donald Gay
Philosophy Social	Dawn Heffernan
Pottery - Introduction to Handbuilding	Marjorie Beecham
Psychology Group A	Heather Ambrose
Psychology Group B	Heather Ambrose
Reading For Pleasure	Margaret Murphy / Pamela Bennetts
Religions Of The World	Jane Lithoxopoulos
Rock & Roll, Salsa & Swing Intermediate	Edwin Goodieson
Rock & Roll, Swing & Salsa Beginners	Edwin Goodieson

Russian - Level 2	Paul Cubberley
Science - The Story	Leslie Dale
Science - What Is It?	Tony Heyes
Scrabble	Beverley Dittmann
Sculpture - Self Help	Sandra Dean
Solo	Robert Axtens
Spanish Conversation - Level 1	Agnes Kunca
Spirituality / Religion	Lyn Colenso
Spirituality / Religion	Lyn Colenso
Stockmarket - Self Help Discussion Group	Kevin Dunn
Strength Training - Level 1	Maira Axtens
Strength Training - Level 2 Group A	Josephine McDermott
Strength Training - Level 2 Group B	Tony Ellul
Strength Training - Level 2 Group C	Maira Axtens
Strength Training - Level 2 Group D	Maira Axtens
Table Tennis	Erwin Kolbeck
Tai Chi Ch'uan - Advanced	William Mak
Tai Chi Ch'uan - Beginners	William Mak
Tai Chi Level 1	Angelina Chung
Tai Chi Level 2	Angelina Chung
Tennis	Beryl Mathieson
The New Consciousness	Wade Dickson
Travellers' Tales	Joady Barnes / Margaret Pratt
Walking for Exercise - Friday	Douglas Brewer
Walking for Exercise - Wednesday	Bruce Ford

Walking for Fitness - Thursday	Ken Malin
Walking for Health & Pleasure	Audrey Killey / Patricia Renfree
Wood Carving - An Introduction	Patrick Burder
Woolcraft	Marie Klein
Writing - The Written Word	Patricia Taylor / Lula Black
Yoga - Classical A	Barbara Byrne
Yoga - Classical B	Alan Smith
Yoga - for Life	Ranjit Thurairajah
Yoga - For the Not-So-Supple - Level 2	Lorna Andreassen
Yoga - Hatha Group A	Lesley Catt
Yoga - Hatha Group B	Lesley Catt
Yoga - Hatha Group C	Lesley Catt
Yoga - Hatha Integral	Gloria Matison

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## Manningham Courses 2012 – 152 Courses

American Literature	Barbara Haye
Art - Unlock the Mysteries!	Christine Lederman
Astronomy & Cosmology	John O'Connor
Badminton	Kay Newcombe / Evelyne Perks
Ballroom Dancing - Advanced	Patrick Khaw / Lawrence Chien
Ballroom Dancing - Beginners	Ethel Fredericks
Ballroom Dancing - Intermediate	Noel Wright
Belly Dancing	Teresa Bowden
Bird Watching - Self Help	Bruce Ford
Book Discussion Group	Judith Dall'Oste
Bridge - Beginners	Nena Reid
Bridge - Duplicate Group A	Ross Henderson
Bridge - Duplicate Group B	John Driver
Bridge Practice - Self Help	Tess Gibbs / Arthur Michie
Calligraphy - Level 1	Roy Griffin
Calligraphy with Illumination - Level 2	Laurie Bicknell
Card Games	Lynne Fitzsimons
Chinese - Advanced	Linda Chin
Chinese - Mandarin Level 1 Group A	Yanwen Huang
Chinese - Mandarin Level 1 Group B	Wei Xing Huang
Chinese - Mandarin Level 2	Wei Xing Huang
Computers - Basics Level 1	Kent Garland
Computers - Excel	Carol Cameron
Computers - Family History Records	Graham Ferres
Computers - Family Tree Maker	Graham Ferres
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Cultural & Social Theory - Reading Group	Joan Sheridan
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Current Affairs - Behind The News	Howard Permezel
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Current Affairs - Group B	David Jensz
Dining Out with Friends	Hazel Ferguson
Drawing & Pastels - Level 2	Laurie Bicknell
Drawing & Pastels - Level 3	Laurie Bicknell
Drawing, Pastels Plus	Lynne Deans
Embroidery - Needles & Threads	Lauris Ward
Embroidery for Beginners Plus	Desiree Higgins
English (ESL) - Conversation Level 1	Joan Creber
English (ESL) - Conversation Level 2 Group A	Jean de Neef
English (ESL) - Conversation Level 2 Group B	Helen Lowell
English (ESL) - Tutor Training	Joan Creber
Film Appreciation	Warwick Pole
Food - Technology and History	Tom Heyhoe
French Conversation - Level 2 Group A	Geoff Sheldon

French Conversation - Level 2 Group B	Monique Liethof
French Conversation - Level 3	Monique Plantier
French Self Help - Basic	Helen Anderson
French Self Help - Level 2	Helen Anderson
Genealogy - Family History - Level 1	Jane Tindale
Genealogy - Family History - Level 2	Valerie Bell
German - Basic	Trudy Ward
German - Kaffeeklatsch	Jutta-Inge Szwed
German for Beginners and Travellers	Jutta-Inge Szwed
German Intermediate	Jutta-Inge Szwed
Golf for All	John Mugridge
Golf for Fun	Douglas Brewer
Good Health - Good Medicine	David Duerden
Greek - Level 1	Lula Black
Greek Conversation	Virginia Malios
Greek Folk Dancing	Virginia Malios
Handcrafts	Carmen Woodward
Healing - Mind, Body, Spirit	Corale Taylor
History - 20th Century German Through Film	Jutta-Inge Szwed
History - Australian	Des Thornton
History - Military	Robert Ellis
History of Technology	David Farrar
Ikebana - Class 1	Kaye Wong
Ikebana - Class 2	Kaye Wong
Italian - Conversation	Lucy Di Fiore
Italian - Level 1	Neville Heffernan
Italian - Level 2	Neville Heffernan

Italian - Self Help	Peter Goodwin
Languages of the World	Paul Cubberley
Latin - Advanced	Helen Kearton
Latin - Intermediate	Helen Kearton
Lawn Bowls for Beginners	Barry Wilkins
Life Skills in Our Later Years	Josephine Grant
Line Dancing	Julie Chau
Mahjong - Western - Self Help	Carol Henderson
Marquetry - Self Help	Lindsay Roberts
Maths in Society	Alistair Parkin
Meditation	John Fairbrass
Meditation for Inner Power Inner Peace	Kirtida Baxi
Monthly Talks	Coral Vercoe
Music - History & Appreciation	David Lording
Music - Singing for Pleasure	Beryl Nichols
Music Theory - Level 1	Virginia Malios
Music Theory - Level 2	Virginia Malios
Music Theory - Level 3	Joe Bonaccorso
Needlework	Carmen Woodward
Painting - Acrylics & Gouache	Bernadine Williams
Painting - Watercolour - Self Help	Joseph De Bono
Painting Watercolour - Level 2	Jan Palmer
Painting with Oils	Bernadine Williams
Petanque - French Bowls	Donald Gay
Philosophy Social	Dawn Heffernan
Physics of the World About Us	Tony Heyes
Pottery - Introduction to Handbuilding	Marjorie Beecham

Psychology Group A	Heather Ambrose
Psychology Group B	Heather Ambrose
Reading For Pleasure	Margaret Murphy / Pamela Bennetts
Religions of the World	Jane Lithoxopoulos
Rock & Roll, Swing & Salsa - Beginners	Edwin Goodieson
Rock & Roll, Swing & Salsa - Intermediate	Edwin Goodieson
Russian - Level 1	Paul Cubberley
Scrabble	Beverley Dittmann
Sculpture - Self Help	Sandra Dean
Snooker	Paul Matison
Solo - Self Help	Dianne Brettargh
Spanish Conversation - Level 2	Agnes Kunca
Stockmarket - Self Help Discussion Group	Kevin Dunn
Strength Training - Level 1	Maira Axtens
Strength Training - Level 2 Group A	Josephine McDermott
Strength Training - Level 2 Group B	Tony Ellul
Strength Training - Level 2 Group C	Maira Axtens
Strength Training - Level 2 Group D	Maira Axtens
Table Tennis	Erwin Kolbeck
Tai Chi Ch'uan - Advanced	William Mak
Tai Chi Ch'uan - Beginners	William Mak
Tai Chi Level 1	Angelina Chung
Tai Chi Level 2	Angelina Chung
Tai Chi Push Hand	Joseph Wong
Tennis	Beryl Mathieson
The New Consciousness	Wade Dickson
Travellers' Tales	Joady Barnes / Margaret Pratt

Travels in Medicine	Laurence Simpson
Walking for Exercise - Wednesday	Bruce Ford
Walking for Exercise Friday	Douglas Brewer
Walking for Fitness	Ken Malin
Walking for Health & Pleasure	Audrey Killey / Patricia Renfree
Whimsical Knitting & Crochet	Susan Ferres
Wood Carving - Self Help	Desiree Higgins
Woolcraft	Marie Klein
Writing - The Written Word	Patricia Taylor / Lula Black
Yoga - Classical Group A	Barbara Byrne
Yoga - Classical Group B	Alan Smith
Yoga - Classical Group C	Nalini Singam
Yoga - for Health	Saroja Swami
Yoga - Hatha Group A	Lesley Catt
Yoga - Hatha Group B	Lesley Catt
Yoga - Hatha Group C	Lesley Catt
Yoga - Hatha Integral	Gloria Matison
Zumba Gold	Tony Ellul

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## We Couldn't Do Without – Our Equipment and Functions Team

Have you ever wondered who looks after buying and maintaining all the equipment used at MU3A and who organises all the many things that make our functions so successful? Terry Smith, Graeme Martin and their many helpers do everything required to enable our classes to operate. Not only are the tables, computers, projectors and screens provided, but also up-to-date equipment like amplified sound and the 'Phonic Ear' that assist all members to participate in classes. Whenever a function is held at MU3A, a team of people led by Graeme organises the food, sets up the tables and tidies up afterward. Thank you Terry, Graeme and all your helpers we couldn't do it without you.



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## We Couldn't Do Without – Our Tutors

One of the most important aspects of any U3A is the courses it offers. Without our tutors, we literally would not have a U3A! All our tutors provide their dedicated hours of work free of charge and enable us to maintain high standards at low costs. We are fortunate at U3A Manningham to be able to choose from a wide range of courses, from art to philosophy and sport to languages. In 2012, we have 130 tutors teaching approximately 163 courses. Thank you to all our tutors – we couldn't do it without you.

Images from the Annual Tutors' Luncheon July 2012



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## **Manningham U3A Courses 2013**

### **About Ourselves**

#### **Culture, Theory & Practice (Code 3400)**

How do we live? What can we know? This course is a selection of ways in which our Western culture has historically answered these questions. It follows the Humanist tradition which understands that human beings are responsible for their world. Participants will be required to be open-minded and tolerant of a variety of ideas and opinions. Some pre-reading may be required.

Joan Sheridan

Tue 3:00-4:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

#### **Dining Out with Friends (Code 3600)**

We choose restaurants in Manningham. The menus are varied and prices reasonable. Add your name to the list on U3A notice board. CONDITIONS APPLY: Restaurants require definite number of diners by the Monday prior to the dinner. Inadequate notice of cancellation may result in liability to pay for the meal. WHEN NUMBERS are limited, Dining Out (enrolled) members will be given preference.

Hazel Ferguson

Wed 7:00 pm start Wk 3 Terms: 1,2,3,4 Venue: Various Locations

#### **Genealogy -Family History -Level 1 (Code 5100)**

Are you interested in discovering your roots and family secrets? You will receive support while you investigate your family tree, with an aim to integration into the self-help group. No further intake to class after term 1.

Jane Tindale

Mon 10:30-11:50 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Room 13

#### **Genealogy -Family History -Level 2 (Code 5105)**

This is a self-help group for those who know the basics but need the incentive to keep going with their family history. Aimed at members who are capable of working on their own.

Valerie Bell

Mon 12:00-1:20 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Room 13

#### **Good Health -Good Medicine (Code 5190)**

This class will cover general health issues, medicines, natural medicines, medical terminology, etc, with time for questions and discussion.

David Duerden

Mon 10:30-11:50 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

#### **Healing -Mind, Body, Spirit (Code 5420)**

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.

Corale Taylor

Tue 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

#### **Healthy Aging (Code 5430)**

Aging should not be an inevitable decline into frailty of body and mind. This course explores what we can do to take better care of ourselves and help the process of getting older to be a more positive and enjoyable experience.

Michael Jones

Thu 1:30-2:50 Weekly Terms: 2 Venue: U3A Centre Room 14

#### **Life Skills in Our Later Years (Code 6140)**

Develop and reconnect with the wisdom and resources found in your family and your social context in a supportive, interactive group.

Josephine Grant

Tue 11:15-12:45 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 16

**Look Good, Feel Good (Code 6160T4)**

Colleen van Hemert

Tue 10:30-11:50 Weekly Terms: 4 Venue: Bulleen & Templestowe Community House

**Look Good, Feel Good (Code 6160T3)**

Colleen van Hemert

Tue 10:30-11:50 Weekly Terms: 3 Venue: Bulleen & Templestowe Community House

**Meditation (Code 6300)**

Training and practice in awareness and investigating the truth of oneself.

John Fairbrass

Thu 10:30-11:50 Weekly Terms: 1,2,3 Venue: U3A Centre Room 14

**Meditation for Inner Power Inner Peace (Code 6310)**

This meditation course seeks to investigate questions pertaining to life and our identity by stopping, observing and steering us towards a positive attitude through harnessing the power of the mind.

Kirtida Baxi

Tue 3:00-4:20 Weekly Terms: 1,2 Venue: Private Residence

**Morality and The Humanities (Code 6520)**

Using philosophy, psychology and sociology to lead a good life. Exploring such questions as: Can we really be honest? Is lust good? Is tact a form of dishonesty? What use are the social norms?

Ian Bissett

Thu 9:00-10:20 Weekly Terms: 1,2,4 Venue: U3A Centre Room 14

**Psychology Group A (Code 7720)**

Some aspects of the theory and practice of Psychology provide the basis for discussion of issues relevant to class members. No previous study of Psychology is needed to be able to participate fully in this class. Guest speakers add interest to this course.

Heather Ambrose

Mon 12:00-1:20 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Psychology Group B (Code 7721)**

see Group A

Heather Ambrose

Wed 9:00-10:20 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

**The New Consciousness (Code 8800)**

Learn from ancient wisdom and modern science about the new consciousness that arises when you live in the present moment -also known as Mindfulness. It reduces stress and promotes peace, joy and compassion. Inspired by the work of Eckhart Tolle and Prof Jon Kabat-Zinn.

Wade Dickson

Fri 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Yoga Philosophy (Code 9290)**

An exciting discussion group for those enjoying their Yoga classes and wanting to know more of the intriguing philosophy underlying Yoga.

Lyn Colenso

Wed 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 14

**About Our World**

**All About Language (Code 1030)**

In just our lifetime linguistics has become one of the most exciting and productive of the social sciences. This course offers a non-technical introduction to this subject addressing such topics as: why are languages so different (or so similar)? Does language determine the way we perceive the world? Plus many other fascinating and beguiling mysteries.

Geoff Sheldon

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Astronomy & Cosmology (Code 1055)**

From Big Bang to Big Brain: our awesome cosmic pedigree. We explore the vastness and immensity of deep space time, Einstein's relativity, quantum cosmology, origin and evolution of galaxies, stars, planets, life, brain and mind, Earth history, climate, sustainable limits. Updated notes and great visuals.

John O'Connor

Wed 1:30-2:50 Weekly Terms: 1,2,4 Venue: U3A Centre Room 14

### **Bird Watching -Self Help (Code 1350)**

Learn the joys of bird watching in our local parks -short walks in good company to hone our bird watching skills. Advice on binoculars, field guides and joining a bird watching association will be provided. The schedule for each term will be on the notice board.

Bruce Ford

Tue 9:00 am start Wk 4 Terms: 1,2,3,4 Venue: Various Locations

### **Current Affairs -Behind The News (Code 3450)**

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 which comprises members from diverse backgrounds.

Howard Permezel

Fri 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Current Affairs -Group A (Code 3495)**

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.

David Jensz

Tue 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Current Affairs -Group B (Code 3500)**

see Group A

David Jensz

Tue 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Current Affairs -Group C (Code 3505)**

see Group A

David Jensz

Fri 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Film Appreciation (Code 4350)**

Watch and discuss films projected from video or DVD. The selection of films is based on themes such as actor, genre, director or subject.

Warwick Pole

Wed 1:30-4:00 Wk 2,4 Terms: 3,4 Venue: Applewood Retirement Village

### **Food -What We Eat (Code 4405)**

We will focus on the results of the 2011-2013 National Nutrition Survey, the first since 1995. We will also cover human digestion and the absorption of nutrients, foodborne illness -incidence and causes, diets and dietary fads, and provide an update on developments in nutrition science.

Tom Heyhoe

Mon 1:30-2:50 Weekly Terms: 4 Venue: U3A Centre Room 13

### **Further Maths (Code 4515)**

Starting with the basics, if necessary, this class is for those interested in re-engaging in secondary school maths.

Myrna Manton

Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **History -Australian (Code 5510)**

Topics: Alternative Explorers; Convicts and Gaolers; Goldfever and Eureka; Ned Kelly -Rogue or Hero; Bush Brotherhood; Workingman's paradise; Communications -Railways and Telegraphy; Great War; WWII in Australia; Post War Reconstruction.

Des Thornton

Tue 11:15-12:45 Wk 1,3 Terms: 1,2 Venue: U3A Centre Rooms 16-18

### **History -Local Aboriginal (Code 5530)**

Participants will explore British and Aboriginal issues at the time of colonisation in order to understand and critically evaluate how history has been written and challenge the nature of our received ideas.

Jim Poulter

Mon 3:00-4:20 Weekly Terms: 1,2 Venue: U3A Centre Room 17-18

### **History -Military (Code 5540)**

A wide ranging coverage of the history of warfare at sea, on land and in the air, including events, campaigns, weaponry and people.

Robert Ellis

Tue 1:30-2:50 Weekly Terms: 4 Venue: U3A Centre Room 13

### **Introduction to Genetics (Code 5605)**

An interactive course including images, videos, discussions to explore biological and genetic concepts leading up to applications of genetic engineering.

Shirley Fung

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Languages of the World (Code 6000)**

A look at the spread of language(s) across the world and at the present language groupings of the world. Topics will include language types, linguistic change, sound systems and writing systems.

The (Indo-)European languages will be of central interest.

Paul Cubberley

Tue 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 13

### **Monthly Talks (Code 6500)**

Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board. \$2.00 entry to cover expenses and cuppa. Open to the public so visitors are welcome.

Coral Vercoe

Wed 3:00-4:20 Wk 3 Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Philosophy Social (Code 7220)**

A philosophical analysis of social issues. Photocopying costs: approx. \$15 over the year.

Dawn Heffernan

Wed 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

### **Physics and Physic (Code 7230)**

A repeat of the more popular topics of 2012 such as: What did Einstein do?; Radiation -the good & bad; Measuring the Universe; Why Fred Hoyle should have got the Nobel prize. New topics: The History of Evidence Based Medicine and a scientific appraisal of a number of alternative therapies.

Tony Heyes

Wed 3:00-4:20 Weekly Terms: 2 Venue: U3A Centre Room 14

### **Religions of the World (Code 7850)**

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 9:00-10:20 Weekly Terms: 1 Venue: U3A Centre Room 13



### **Stockmarket -Self Help Discussion Group (Code 8400)**

Sub-Committee Convenor: Kevin Dunn

Sub-Committee Members: John Hassed, Ray Cross, Josephine Grant, Dawn Walker

Aims: to identify and understand how internal and global events may impact on the Australian share market and to help one another better understand how the Australian share market operates. The sub-committee will coordinate the selection of topics and invite guest speakers. Active participation of all class members will be encouraged.

Kevin Dunn

Thu 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

### **Understanding Financial Markets (Code 8900)**

This course is for those interested in actively managing their investments. Classes include a weekly review of world events, hands on trading experience with free demonstration account based on currency markets (Forex), and group discussion of progress made with these accounts. It requires no money and participants are never pressured to trade with real money. The course does not provide personal investment advice. Prerequisites: Computer literacy and a home computer with internet connection.

Tim Wilson

Thu 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

## **Computing**

### **Computers -Basics Level 1 (Code 2000T1)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1

### **Computers -Basics Level 1 (Code 2000T2)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 2 Venue: U3A Centre Room 1

### **Computers -Basics Level 1 (Code 2000T3)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 3 Venue: U3A Centre Room 1

### **Computers -Buying & Selling on Ebay (Code 2010T4)**

Errol Lovett

Wed 9:00-10:30 Weekly Terms: 4 Venue: U3A Centre Room 1

### **Computers -Buying & Selling on Ebay Group 2 (Code 2012T4)**

Errol Lovett

Wed 11:00-12:30 Weekly Terms: 4 Venue: U3A Centre Room 1

### **Computers -Email (Code 2095T2)**

Bernice Charity

Mon 9:00-10:30 Weekly Terms: 2 Venue: U3A Centre Room 1

### **Computers -Excel (Code 2100T2)**

Carol Cameron

Wed 3:00-4:30 Weekly Terms: 2 Venue: U3A Centre Room 1

### **Computers -Family History Records (Code 2110T1)**

Graham Ferres

Thu 9:00-10:20 Weekly Terms: 1 Venue: U3A Centre Room 1

### **Computers -Family Tree Maker (Code 2112T4)**

Graham Ferres

Thu 9:00-10:20 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers -For Novices (Code 2125T1)**

Coral Newstead

Thu 1:00-2:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers -For Novices (Code 2125T2)**

Coral Newstead

Thu 1:00-2:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers -Intermediate Group A (Code 2200)**

This three term course follows on from 'Computers -Basics Level 1'. For those with a home computer with WINDOWS 7, an available USB port, an Email address and ability to use Email, and access to the Internet, preferably Broadband. Topics covered include: setting up Windows, System Restore and Recovery, Mozilla Firefox, Mozilla Thunderbird and other Internet tools. NB: completion of a Computers -Basics course (or the equivalent as discussed with the tutor) is a prerequisite for this course.

Warwick Wright

Wed 9:00-10:30 Weekly Terms: 1,2,3 Venue: U3A Centre Room 1

**Computers -Intermediate Group B (Code 2202)**

see Group A

Warwick Wright

Wed 1:00-2:30 Weekly Terms: 1,2,3 Venue: U3A Centre Room 1

**Computers -Internet & Email Workshop (Code 2250T1)**

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers -Internet & Email Workshop (Code 2250T4)**

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers -MS Publisher (Code 2300T3)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers -MS Word (Code 2305T1)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers -Photo-editing (Code 2700T1)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers -Photo-editing (Code 2700T2)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers -Photo-editing (Code 2700T3)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers -Photo-editing (Code 2700T4)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers -Photoshop Elements (Code 2705T1)**

Les Archdall

Wed 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1



### **Computers -PowerPoint (Code 2710T3)**

Bernice Charity

Thu 1:00-2:30 Weekly Terms: 3 Venue: U3A Centre Room 1

### **Creative Arts**

#### **Art -Unlock the Mysteries! (Code 1050)**

Art puzzles many people. Learn to analyse and discuss any object or painting. Learn new ways of seeing, plus the 'tricks of the trade'. You will be surprised at your ability to discuss something, even when you don't like or understand it.

Christine Lederman

Mon 3:00-4:20 Weekly Terms: 1,2 Venue: U3A Centre Room 15

#### **Calligraphy -Level 1 (Code 1650)**

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.

Laurie Bicknell

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

#### **Calligraphy with Illumination -Level 2 (Code 1655)**

Calligraphy is the ART of beautiful writing. Develop skills in illumination to produce works of art.

Laurie Bicknell

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

#### **Classical Guitar (Code 1900)**

Etienne de Lavaulx

Fri 10:30-11:50 Weekly Terms: 2,3,4 Venue: Centenary House

#### **Drawing & Pastels -Level 2 (Code 3700)**

Classes are self help, from portraits to still life to landscape and seascape.

Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

#### **Drawing & Pastels -Level 3 (Code 3705)**

see Level 2.

Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

#### **Drawing, Pastels PLUS (Code 3710)**

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. Beginners must start the year at 9.00am, but past members and advanced new students can work between 9.00am and 12.20pm.

Lynne Deans

Fri 9:00-12:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

#### **Embroidery -Needles & Threads (Code 4100)**

This is a self-help group suitable for beginners and advanced. Participants may work on embroidery, tapestry, etc.

Lauris Ward

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

#### **Embroidery for Beginners Plus (Code 4120)**

Embroidery for the beginner to the more experienced.

Desiree Higgins

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Heimat Centre

### **Handcrafts (Code 5300)**

A self-help group for sharing skills and experimenting together. 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. Students will be told at 1st class what they need to purchase for themselves.

Carmen Woodward

Wed 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Private Residence

### **Mandalas (Code 6195)**

Mandala design is a fulfilling creative expression, awakening your geometric skills as well as your dormant artistic side. Enjoy colour, beauty, design balances.

Lyn Colenso

Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Marquetry -Self Help (Code 6210)**

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

Lindsay Roberts

Tue 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Music -Singing for Pleasure (Code 6680)**

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. Initial folio of music \$18.

Beryl Nichols

Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Baptcare Templestowe Orchards Co

### **Music Lovers Group (Code 6640)**

Convenor: John Mitchell; Assistants: Joan Creber, Alan Clark, Margaret Hartley, 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 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

### **Music Theory Level 1 (Code 6685)**

Basic theory -learn to read, write and sing music notes.

Mavis Blake

Mon 11:15-12:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Music Theory Level 2 (Code 6690)**

Continuation from level 1 with some emphasis on developing aural skills relevant to the theoretical level being covered.

Aliki Katsikas

Wed 11:15-12:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Music Theory Level 3 Advanced (Code 6695)**

This course is for those who want to further their knowledge of theory together with music analysis of the classical period (1750 -1800).

Joe Bonaccorso

Tue 3:00-4:20 Weekly Terms: 1,2,4 Venue: U3A Centre Room 15

### **Needlework (Code 6800)**

This course can include needlework such as cross-stitch, tapestry, hardanger, needlepoint, blackwork, bargello or any of the stitches that can be worked on even-weave fabric or canvas, as well as beading.

Carmen Woodward

Thu 9:30-11:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

**Painting -Acrylics Self Help (Code 7010)**

This is a self help group for people who have acrylic painting experience.

Frank O'Neill

Fri 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Painting Chinese Self Help (Code 7020)**

This is a self-help class for people who are interested in Chinese painting.

Peti Leung

Fri 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Painting Watercolour -Level 2 (Code 7055)**

For students with prior watercolour painting experience. 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. \*Not for Beginners\*.

Jan Palmer

Thu 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Painting Watercolour Self Help (Code 7060)**

Members who enjoy painting together welcome others with a basic knowledge of watercolour painting. This is NOT a class for beginners.

Lisbeth Wilks

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Painting with Oils Self Help (Code 7080)**

This course is for those with some experience in painting with oils. Initial costs for supplies is about \$50.

Robyn Sword

Wed 1:00-2:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Patchwork, Applique & Quilting for Beginners (Code 7090)**

The class will include traditional and modern techniques which can be used for quilts, cushions and other decorative items.

Patricia Wright

Thu 3:05-4:25 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Pottery -Introduction to Handbuilding (Code 7500)**

An 8 week introductory course with participants creating an item of their own choice. Materials and firing are paid for as used (approx. cost: \$20).

Marjorie Beecham

Fri 10:00-1:00 Weekly Terms: 1 Venue: Warrandyte Mechanics Institute & Arts As

**Sculpture -Self Help (Code 8220)**

A self-help group exploring clay, stone and wood to produce small and medium sized projects. Tools and materials acquired as needed. Beginners welcome.

Sandra Dean

Wed 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Wood Carving -Self Help (Code 9050)**

This is a self-help group where we learn whittling and carving. Some help will be given by class members.

Desiree Higgins

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 17

**Woolcraft (Code 9080)**

This class will suit knitters of all abilities, from beginners to advanced. Crocheting also encouraged.

Marie Klein

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

## **English**

### **Book Discussion Group (Code 1450)**

Books are selected by the group and provided by the Council of Adult Education at an additional cost. In 2013 CAE costs are \$82 (concession), \$117 (seniors), \$136 (full). Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation.

Judith Dall'Oste

Wed 1:00-2:20 Wk 3 Terms: 1,2,3,4 Venue: Greenview Retirement Village

### **Book Group (Code 1455)**

Through the power of the written word, we can 'visit' other times and places and share in other people's experiences. Join a group of like-minded people to read and talk about books that can change the way we see the world. Commences 19 March.

Elizabeth Ross

Tue 1:30-2:50 Wk 3 Terms: 1,2,3,4 Venue: U3A Centre Room 8

### **English (ESL) -Basic Writing (Code 4195)**

For speakers of English as a Second Language who have a basic literacy in English. Aims include improving sentence and paragraph construction, as well as writing in different forms and for different purposes. Outcomes, according to individual needs, may include writing formal and informal letters, filling in forms, explaining a procedure and presenting a simple argument.

Lynne Lloyd

Mon 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 16

### **English (ESL) -Conversation Level 1 (Code 4200)**

For speakers of English as a second language. Increase your vocabulary and improve your pronunciation through small group conversation.

Joan Creber

Wed 9:15-10:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **English (ESL) -Conversation Level 2 Group A (Code 4201)**

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.

Jean de Neef

Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **English (ESL) -Conversation Level 2 Group B (Code 4202)**

See Group A

Helen Lowell

Thu 12:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Reading For Pleasure (Code 7800)**

Themes in contemporary fiction: selected reading to observe the various ways in which authors use fiction to express the issues and concerns of modern society.

Margaret Murphy

Mon 1:30-3:00 Wk 1 Terms: 1,2,3,4 Venue: Templestowe Retirement Village

### **Writing -Creative (Code 9115)**

For people interested in developing their own writing skills over all writing forms. Class members write stories which are read to the class for evaluation and discussion within a supportive environment.

Richard Davis

Wed 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 16

### **Writing -The Written Word (Code 9120)**

This writing group encourages those who enjoy writing to explore all aspects of the written word, including memoir, fiction, poetry and scriptwriting. We critique each other's work in a constructive and respectful manner, aiming to gain an understanding of self-editing. In 2013 we intend to publish the third volume of The Golden Quill.

Patricia Taylor

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **Writing Poetry (Code 9118)**

Budding poets, unlock talent within. Reading and writing poetry followed by constructive critique and discussion.

Lucia Di Fiore

Thu 11:30-12:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

### **Games & Hobbies**

#### **Bridge -Beginners (Code 1500)**

Learn the basics of Bridge. You need to have some card games experience such as Solo or Five Hundred. No new players will be accepted after 25 February.

Nena Reid

Tue 9:00-11:00 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

#### **Bridge -Duplicate Group A (Code 1520)**

This group is for people who know how to play bridge. See also Group B.

Ross Henderson

Tue 1:30-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

#### **Bridge -Duplicate Group B (Code 1522)**

Both groups cater 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.

John Driver

Thu 1:30-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

#### **Bridge -Practice/Social Group A (Code 1530)**

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

Tess Gibbs

Tue 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

#### **Bridge -Practice/Social Group B (Code 1532)**

see Group A. In terms 3 & 4 this course will be held weekly.

Tess Gibbs

Tue 11:15-12:45 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 17

#### **Card Games (Code 1673)**

Come and play cards for fun, mental stimulation and social interaction -five hundred, canasta, samba, etc.

Lynne Fitzsimons

Fri 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Baptistcare Templestowe Orchards Community

#### **Mahjong -Western -Self Help (Code 6190)**

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 10:45-12:15 Wk 2,4 Terms: 1,2,3,4 Venue: Roseville Retirement Village

#### **Rummikub (Code 7940)**

The game of Rummikub is a lateral thinking game and a 'fast-paced game of tile manipulation that challenges each player's wit against the others. It is easy to learn, and a challenge to master'.

(Source: Rummikub)

Beth Coote

Thu 9:00-10:20 Wk 1,3 Terms: 3,4 Venue: U3A Centre Room 13

#### **Scrabble (Code 8200)**

Scrabble is a mentally stimulating game, suitable for all ages. Previous playing experience beneficial. Not suitable for beginners.

Bev Dittmann

Thu 1:05-3:05 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Snooker (Code 8295)**

Have fun and enjoy a game of snooker. Beginners and experienced players welcome.

Paul Matison

Wed 10:00-11:20 Weekly Terms: 2,3,4 Venue: Baptcare Templestowe Orchards Co

### **Solo -Self Help (Code 8300)**

Both original version and Auction Solo are played. Knowledge of the game is required.

Dianne Brettargh

Wed 1:00-4:00 Weekly Terms: 1,2,3,4 Venue: Applewood Retirement Village

## **Health & Fitness**

### **Badminton (Code 1200)**

This social badminton group is for experienced players and beginners. Badminton is an active indoor game. Participants provide their own racquets. There is a small charge to cover the cost of shuttlecocks.

Kay Newcombe

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Templestowe Leisure Centre Stadium

### **Ballroom Dancing -Advanced (Code 1250)**

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.

Patrick Khaw

Wed 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Ballroom Dancing -Beginners (Code 1251)**

This course teaches dances useful for a dinner dance occasion. It is also a good foundation for the Intermediate class.

Ethel Fredericks

Mon 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Ted Ajani Community Centre

### **Ballroom Dancing -Intermediate (Code 1252)**

If you have attended one to two years of beginners ballroom this may be the class for you. Expand your dance repertoire, exercise your memory, develop more poise and confidence.

NB Only ONE Ballroom Dancing class per member.

Noel Wright

Wed 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Exercise to Music (Code 4300)**

Participate in exercises to Argentine Tango music. These exercises build the foundation for good balance, improve core strength and posture.

Joseph Wong

Mon 12:00-1:00 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Golf for All (Code 5145)**

A stimulating nine holes of golf on a weekly basis. Green fees apply.

Carol Leeson

Tue 9:15 am start Weekly Terms: 1,2,3,4 Venue: Freeway Golf Course

### **Golf for Fun (Code 5150)**

For non-serious golfers. If you play the occasional game of golf, join us for fun and exercise. A round of 9 holes weekly. \$16 green fee per session.

Douglas Brewer

Wed 7:10 am start Weekly Terms: 1,2,3,4 Venue: Freeway Golf Course

### **Greek Folk Dancing (Code 5210)**

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

Douglas Ray

Thu 11:45-1:10 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18



### **Lawn Bowls Doncaster (Code 6045)**

A term length program for both men and women. Try the relaxed game of lawn bowls. Learn how to play bowls with a friendly group of helpers. Give it a go! Use club bowls. Wear casual clothes with any flat shoes. No fees.

Sandy McDonald

Fri 2:30 start Weekly Terms: 1,4 Venue: Bowls Club Doncaster

### **Lawn Bowls for Beginners (Code 6050)**

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. Borrow club bowls or use your own. No fees.

Barry Wilkins

Thu 1:30 start Weekly Terms: 1,2,3,4 Venue: Donvale Bowls Club

### **Line Dancing Group A (Code 6145)**

Learn some easy and fun line dances. Follow the instructor as she teaches each dance step-by-step.

Julie Chau

Wed 3:30-4:20 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Line Dancing Group B (Code 6147)**

This class is for beginners only. PLEASE NOTE: Only ONE Line Dancing class per member.

Julie Ong

Fri 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Petanque -French Bowls (Code 7100)**

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.

Donald Gay

Mon 9:00 start Weekly Terms: 1,2,3,4 Venue: Rieschiecks Reserve

### **Rock & Roll, Swing & Salsa -Beginners (Code 7900)**

Basic routines in these styles of dance are taught. No previous experience is required. Throughout the year the dance styles will be taught on a rotational basis, each running for 4 weeks.

Edwin Goodieson

Mon 1:00-1:50 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Rock & Roll, Swing & Salsa -Intermediate (Code 7905)**

To enrol in the Intermediate class, participants must be proficient in basic dance skills. The tutor will ascertain the proficiency of participants at the beginning of each term. Throughout the year the dance styles will be taught on a rotational basis, each running for 4 weeks.

Edwin Goodieson

Mon 2:00-3:00 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Sequence Dancing for Beginners (Code 8240)**

Sequence dances include the waltz, foxtrot, quickstep, tango, rumba, cha cha, samba, jive, saunter and many more. Australian New Vogue dances are a subset of Sequence dances. A mix of the most popular and most recently choreographed sequence dances will be taught.

Liza Ng

Thu 12:30-1:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Strength Training -Level 2 Group A (Code 8505)**

See Group D

Josephine McDermott

Mon,Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Strength Training -Level 2 Group B (Code 8510)**

See Group D

Tony Ellul

Mon,Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Pines Function Room



**Strength Training -Level 2 Group C (Code 8515)**

See Group D

Moira Axtens

Tue,Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Strength Training -Level 2 Group D (Code 8520)**

This program is based on Miriam Nelson's 'Strong women (people) stay young'. A PREREQUISITE for enrolment in a Level 2 group is completion of an introductory course. New applicants must state on the enrolment form where the introductory course was undertaken. ATTENDANCE TWICE WEEKLY FOR ALL STRENGTH TRAINING CLASSES IS REQUIRED.

Moira Axtens

Tue,Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Strength Training Level 1 (Code 8500)**

Moira Axtens

Mon,Thu 10:30-11:50 Weekly Terms: 1 Venue: Pines Function Room

**Table Tennis (Code 8600)**

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.

Erwin Kolbeck

Thu 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Donvale Indoor Sports Centre

**Tai Chi Ch'uan -Advanced (Code 8650)**

A simple step-by-step, form-by-form progression to the 24 forms of simplified Tai Chi Ch'uan. It includes some warm-up exercises and Tai Chi Fan and Tai Chi Sword.

William Mak

Wed 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Tai Chi Ch'uan -Beginners (Code 8652)**

as for Tai Chi Ch'uan -Advanced -see above.

William Mak

Wed 2:00-3:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Tai Chi Level 1 (Code 8655)**

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.

Angelina Chung

Tue 9:30-10:30 Weekly Terms: 1,2,3,4 Venue: Basketball Stadium Activity Room

**Tai Chi Level 2 (Code 8660)**

Refine and practise all forms taught: Beijing 24, Tai Chi Qi-gong Shibashi 18 movements, Tai Chi for Arthritis (Sun Style). Participants must have completed all of these forms of Tai Chi. This course is not suitable for beginners. Check regarding suitability of previous experience with tutor or class representative if unsure.

Angelina Chung

Tue 10:30-11:30 Weekly Terms: 1,2,3,4 Venue: Basketball Stadium Activity Room

**Tennis (Code 8750)**

This social tennis group welcomes all those who have ever played. Participants MUST have played tennis previously.

Valerie Lierse

Mon 8:30-11:00 Weekly Terms: 1,2,3,4 Venue: Donvale Tennis Club

**Tennis -Friday (Code 8752)**

see Tennis 8750

Valerie Lierse

Fri 9:30-11:30 Weekly Terms: 2,3,4 Venue: Donvale Tennis Club

### **Walking for Exercise -Wednesday (Code 9003)**

Walk in Ruffey Lake Park. Meet in the car park on Victoria Street. Melways 33 J10. A regular morning walk is the best exercise for seniors. Maintain your fitness in good company.

Bruce Ford

Wed 9:00 am start Weekly Terms: 1,2,3,4 Venue: Ruffey Lake Park

### **Walking for Exercise Friday (Code 9005)**

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

Douglas Brewer

Fri 8:50 am start Wk 1,3 Terms: 1,2,3,4 Venue: Various Locations

### **Walking for Fitness (Code 9010)**

One hour walks in and around Manningham and nearby parks and reserves. To enjoy these walks, participants should be reasonably fit and injury free. The schedule for each term will be on the U3A notice board.

Barry Cormack

Thu 9:05 am start Weekly Terms: 1,2,3,4 Venue: Various Locations

### **Walking for Health & Pleasure (Code 9015)**

Enjoy the beauty of Melbourne's parks, gardens and trails and improve your health at the same time. An added bonus is meeting people of similar age and interests and having a 'cuppa' with them afterwards. Walks generally take between one -two hours. The schedule for each term will be on the U3A notice board.

Audrey Killey

Fri 9:00 am start Wk 2,4 Terms: 1,2,3,4 Venue: Various Locations

### **Yoga -Classical Group A (Code 9220)**

Enhance your wellbeing with Hatha Yoga, gently stretching and toning the muscles, keeping the spine and joints flexible, and improving circulation. Includes breathing techniques, meditation and relaxation.

Barbara Byrne

Wed 12:00-1:20 Weekly Terms: 2,3,4 Venue: U3A Centre Room 14

### **Yoga -Classical Group C (Code 9224)**

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.

Nalini Singam

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Ted Ajani Community Centre

### **Yoga -for Health (Code 9225)**

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.

Saroja Swami

Fri 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

### **Yoga -Hatha Group A (Code 9260)**

Yoga provides a comprehensive system of exercise that strengthens, tones and aligns, improving the health of the entire body. It also develops mental calmness.

Lesley Catt

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Yoga -Hatha Group B (Code 9265)**

See Group A

Lesley Catt

Mon 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga -Hatha Integral Group A (Code 9275)**

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. NOTE : ONLY ONE YOGA CLASS PER MEMBER.

Gloria Matison

Tue 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**Yoga -Hatha Integral Group B (Code 9276)**

Gloria Matison

Wed 4:15-5:30 Weekly Terms: 3,4 Venue: Baptcare Templestowe Orchards Community

**Zumba Gold (Code 9700)**

Zumba Gold is a latin inspired workout tailored to the needs of elders. Just like Zumba, it incorporates dance/fitness routines to latin and international rhythms, but is performed at a lower intensity.

Tony Ellul

Thu 1:45-2:45 Weekly Terms: 2 Venue: Pines Function Room

**Languages**

**Chinese -Advanced (Code 1800)**

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.

Linda Chin

Tue 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Chinese -Mandarin Level 1 (Code 1810)**

This is a class for beginners.

Wei Xing Huang

Fri 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Chinese -Mandarin Level 2 Group A (Code 1815)**

Follows on from Level 1 -some previous knowledge required.

Wei Xing Huang

Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Chinese -Mandarin Level 2 Group B (Code 1818)**

see Group A

Yanwen Huang

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**French Conversation Level 2 (Code 4490)**

Principal Objective: for students to be able to make themselves understood in writing and speaking French in French-speaking countries. This course is not suitable for beginners.

Emmeline Oakley

Fri 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**French Conversation Level 3 Group A (Code 4495)**

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 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**French Conversation Level 3 Group B (Code 4496)**

Odile Amparis

Wed 9:00-10:20 Weekly Terms: 3,4 Venue: U3A Centre Room 14

### **French Conversation Level 4 (Code 4500)**

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

Monique Plantier

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: Centenary House

### **French Self Help Basic (Code 4504)**

This course includes grammar, reading and conversation. It is suitable for those with some knowledge of French to revise and improve their skills. Note: this is NOT a class for beginners.

Textbook: Colloquial French: The Complete Course for Beginners, Valerie Demouy.

Helen Anderson

Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **French Self Help Level 2 (Code 4505)**

This group works at an intermediate level of French. Content includes grammar, reading and conversation. Text: Colloquial French 2, Elspeth Broadly.

Helen Anderson

Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **German (Code 5110)**

This course is designed for people with a some knowledge of the German language who want to further develop their writing and reading skills, as well as speaking and understanding. A variety of texts are used. Class will be advised.

Trudy Ward

Wed 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **German for Beginners (Code 5112)**

For those interested in German, this is a beginners course with an introduction to the language and culture.

Jutta-Inge Szwed

Mon 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **German Intermediate (Code 5115)**

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

Jutta-Inge Szwed

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **German Kaffeeklatsch (Code 5120)**

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 Café, The Pines.

Jutta-Inge Szwed

Mon 9:00-10:15 Wk 2 Terms: 1,2,3,4 Venue: Various Locations

### **Greek -Level 1 (Code 5200)**

Suitable for beginners with a basic knowledge of the Greek language who wish to continue to develop their reading, writing and conversation skills in a relaxed, encouraging environment, with basic grammar as necessary, whilst learning of the culture.

Lula Black

Thu 9:00-10:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

### **Greek Conversation (Code 5205)**

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 10:10-11:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

**Italian -Basic (Code 5610)**

This course focuses on conversation in Italian and also includes grammar, writing, pronunciation and homework. Text book -Italian for Beginners -Usborne Language Guides.

Lucia Di Fiore

Mon 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Italian -Conversation (Code 5615)**

This class is designed to enable students with some prior knowledge and experience of Italian to practise conversational skills.

Paola Flammini

Mon 1:30-2:50 Weekly Terms: 2,3,4 Venue: U3A Centre Room 16

**Italian -Level 1 Group A (Code 5620)**

Please enrol in Italian Level 1 OR Level 2 -NOT BOTH

Italian Level 1: No previous knowledge of Italian required. Oral/Aural approach (Buongiorno Italia), plus reading & grammar. Texts: 1) A Progressive Italian Grammar -Komadina & Orifici Continental Book Shop 439 Burke Rd., Glen Iris 9824 7711. 2) Buongiorno Italia -obtain from Internet: The Book Depository [www.bookdepository.com](http://www.bookdepository.com)

Neville Heffernan

Wed 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Italian -Level 1 Group B (Code 5622)**

Paola Flammini

Fri 3:00-4:20 Weekly Terms: 3,4 Venue: U3A Centre Room 18

**Italian -Level 2 (Code 5625)**

At least a full year of previous Italian is required. Texts: 1) A Progressive Italian Grammar, Komadina & Orifici. 2) Buongiorno Italia -author Cremona -New edition preferred but current students can manage with the old edition should they wish. 1) A Progressive Italian Grammar -Komadina & Orifici -Continental Book Shop, 439 Burke Rd., Glen Iris 9824 7711. 2) Buongiorno Italia -obtain from Internet: The Book Depository: [www.bookdepository.com](http://www.bookdepository.com)

Neville Heffernan

Wed 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

**Italian -Self Help (Code 5640)**

This class, for people with 2 years or more of Italian, is designed to go beyond classroom Italian. We read magazines, newspapers, modern novels, listen to Italian tapes, have conversations in Italian and deal with grammar. We challenge ourselves, do homework and have fun!

Liliana Orsini

Mon 1:30-2:50 Weekly Terms: 3,4 Venue: U3A Centre Room 18

**Latin -Advanced (Code 6030)**

Study of classical Latin writers and poets. A solid knowledge of basic Latin grammar is required in order to practise English into Latin, as well as Latin to English translating.

Helen Kearton

Tue 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Spanish Level 1 (Code 8338)**

This is a class for beginners and no previous knowledge of the language is required. However a Spanish dictionary is needed.

Arta Xenophontos

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

### **Special Project**

#### **English (ESL) -Tutor Training (Code 4210)**

This 6 week course is a program to train tutors to teach simple conversational English to migrants on a one to one basis.

Joan Creber

Thu 1:30-4:20 Weekly Terms: 3 Venue: U3A Centre Room 13

### **Workshops**

#### **CPR Lecture 1 (Code 3200)**

CardioPulmonary Resuscitation awareness programme. This '4 steps for life' programme has been developed to promote awareness and confidence among people aged 50 and over to perform CPR. This is an informal presentation with DVD, lecture and discussion. Practice workshops are for small groups and places will be allocated at the Lecture. Lecture 1 is 1 March.

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 1 Venue: U3A Centre Room 14

#### **CPR Lecture 2 (Code 3205)**

See Lecture 1. Lecture 2 is 23 August.

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 14

#### **CPR Workshop 1A (Code 3201A)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 1 Venue: U3A Centre Room 14

#### **CPR Workshop 1B (Code 3201B)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 1 Venue: U3A Centre Room 14

#### **CPR Workshop 1C (Code 3201C)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 1 Venue: U3A Centre Room 14

#### **CPR Workshop 2A (Code 3206A)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 14

#### **CPR Workshop 2B (Code 3206B)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 14

#### **CPR Workshop 2C (Code 3206C)**

Ronald Myerscough

Fri 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 14

#### **Ikebana -Group A (Code 5600T2)**

Kaye Wong

Fri 10:30-11:50 Weekly Terms: 2 Venue: U3A Centre Room 15

#### **Ikebana -Group C (Code 5602T3)**

Kaye Wong

Fri 10:30-11:40 Weekly Terms: 3 Venue: U3A Centre Room 15

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## **Manningham U3A Courses 2014**

### **About Ourselves**

#### **Culture, Theory & Practice (Code 3400)**

How do we live? What can we know? This course is a selection of ways in which our Western culture has historically answered these questions. It follows the Humanist tradition which understands that human beings are responsible for their world. Participants will be required to be open-minded and tolerant of a variety of ideas and opinions. Some pre-reading may be required.

Joan Sheridan

Tue 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

#### **Genealogy - Family History - Level 2 (Code 5105)**

This is a self-help group for those who know the basics but need the incentive to keep going with their family history. Aimed at members who are capable of working on their own.

Valerie Bell

Mon 12:00-1:20 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Room 13

#### **Good Health - Good Medicine (Code 5190)**

This class will cover general health issues, medicines, natural medicines, medical terminology, etc, with time for questions and discussion.

David Duerden

Mon 10:30-11:50 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

#### **Healing - Mind, Body, Spirit (Code 5420)**

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.

Corale Taylor

Tue 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

#### **Healthy Aging (Code 5430)**

Aging should not be an inevitable decline into frailty of body and mind. This course explores what we can do to take better care of ourselves and help the process of getting older to be a more positive and enjoyable experience.

Taffy Jones

Thu 1:30-2:50 Weekly Terms: 2 Venue: U3A Centre Room 13

#### **Life Skills in Our Later Years (Code 6140)**

Develop and reconnect with the wisdom and resources found in your family and your social context in a supportive, interactive group.

Josephine Grant

Tue 11:15-12:45 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 16

#### **Look Good, Feel Good (Code 6160T2)**

Colleen van Hemert

Tue 10:30-11:50 Weekly Terms: 2 Venue: Bulleen & Templestowe Community House

#### **Look Good, Feel Good (Code 6160T1)**

Colleen van Hemert

Tue 10:30-11:50 Weekly Terms: 1 Venue: Bulleen & Templestowe Community House

#### **Look Good, Feel Good (Code 6160T4)**

Colleen van Hemert

Tue 10:30-11:50 Weekly Terms: 4 Venue: Bulleen & Templestowe Community House

#### **Look Good, Feel Good (Code 6160T3)**

Colleen van Hemert

Tue 10:30-11:50 Weekly Terms: 3 Venue: Bulleen & Templestowe Community House



### **Meditation for Inner Power Inner Peace (Code 6310)**

This meditation course seeks to investigate questions pertaining to life and our identity by stopping, observing and steering us towards a positive attitude through harnessing the power of the mind. This is a workshop and discussion group to help understand 'self' and will power.

Kirtida Baxi

Tue 3:00-4:20 Weekly Terms: 1,2 Venue: Private Residence

### **Morality and The Humanities (Code 6520)**

Using philosophy, psychology and sociology to lead a good life. Exploring such questions as: Can we really be honest? Is lust good? Is tact a form of dishonesty? What use are the social norms?

Photocopying: ~\$5 per term.

Ian Bissett

Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Psychology Group A (Code 7720)**

A short DVD presentation of the Psychology of Human Behaviour provides the basis for discussion of issues relevant to class members. No previous study of Psychology is needed to be able to participate fully in this class. This class will be held on the 5th Monday of the month when it occurs within terms.

Heather Ambrose

Mon 12:00-1:20 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Psychology Group B (Code 7721)**

see Group A-This class will be held on the 5th Wed of the month when it occurs within terms.

Heather Ambrose

Wed 9:00-10:20 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **The New Consciousness (Code 8800)**

Ancient Wisdom and Modern Science tell us that a new awareness or consciousness arises through Mindfulness or Present Moment awareness. This leads to peace, joy, compassion, unity, creativity etc and physical / mental health through the mind-body connection. Inspired by the work of Eckhart Tolle.

Wade Dickson

Fri 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Yoga Philosophy (Code 9290)**

An exciting discussion group for those enjoying their Yoga classes and wanting to know more of the intriguing philosophy underlying Yoga.

Lyn Colenso

Wed 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 14

## **About Our World**

### **All About Language (Code 1030)**

In just our lifetime linguistics has become one of the most exciting and productive of the social sciences. This course offers a non-technical introduction to this subject addressing such topics as: why are languages so different (or so similar)? Does language determine the way we perceive the world? Plus many other fascinating and beguiling mysteries. This is a repeat of the 2013 course - not a continuation.

Geoff Sheldon

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Astronomy & Cosmology (Code 1055)**

Big History: Big Bang to Big Brain: our awesome cosmic pedigree. Explore our night sky, deep space time, Einstein's relativity, quantum origins, parallel universes; evolution of matter, galaxies, stars, planets, life, our brain and mind. Earth's history, climate, sustainability limits. Great visuals, updated course notes. Come, enjoy, discuss.

John O'Connor

Wed 1:30-2:50 Weekly Terms: 1,2,4 Venue: U3A Centre Room 14

### **Bird Watching - Self Help (Code 1350)**

Learn the joys of bird watching in our local parks - short walks in good company to hone our bird watching skills. Advice on binoculars, field guides and joining a bird watching association will be provided. The schedule for each term will be on the notice board.

Bruce Ford

Tue 9:00 am start Wk 4 Terms: 1,2,3,4 Venue: Various Locations

### **Current Affairs - Behind the News (Code 3490)**

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.

John Moore

Fri 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Current Affairs - Group A (Code 3495)**

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.

David Jensz

Tue 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Current Affairs - Group B (Code 3500)**

see Group A

David Jensz

Tue 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Current Affairs - Group C (Code 3505)**

see Group A

David Jensz

Fri 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Film Appreciation (Code 4350)**

Watch and discuss films projected from video or DVD. The selection of films is based on themes such as actor, genre, director or subject.

Warwick Pole

Wed 1:30-4:00 Wk 2,4 Terms: 1,2,3,4 Venue: Applewood Retirement Village

### **History - Australian (Code 5510)**

1. Tragic / Comedic Explorers; 2. Imperial Responses (NZ, Africa); 3. Paradise of Dissent; 4. The Home Front WW1; 5. Federation (2 sessions); 6. The Great Depression; 7. Australian Catastrophes; 8. Communication Systems; 10. Petrov & Political Machinations. This class will take place on the 5th Tuesday of the week when it occurs within terms.

Des Thornton

Tue 11:15-12:45 Wk 1,3 Terms: 1,2 Venue: U3A Centre Rooms 16-18

### **History - Local Aboriginal (Code 5530)**

Students will examine aboriginal thought systems which guided their social structure and land management practices. This will then enable the examination of local aboriginal history and the significant events and personalities of the Colonial period.

Jim Poulter

Mon 3:00-4:20 Weekly Terms: 2,3 Venue: U3A Centre Room 17-18

### **History - Military (Code 5540)**

This course covers various aspects of the conflicts that have taken place between the pre-Christian era and mid-20th Century. Covers: Organisations, technology and techniques of the land, sea and air conflict, and causes, courses of action, and consequences of military activity.

Robert Ellis

Tue 1:30-2:50 Weekly Terms: 4 Venue: U3A Centre Room 13

### **History of Philosophy (Code 5560)**

This course covers the History of Philosophy using Bryan Magee's book 'The Story of Philosophy'.  
Dawn Heffernan

Wed 12:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Introduction to Genetics (Code 5605)**

An interactive course including images, videos, discussions to explore biological and genetic concepts leading up to applications of genetic engineering.

Shirley Fung

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 1

### **Languages of the World (Code 6000)**

A look at the spread of language(s) across the world and at the present language groupings of the world. Topics will include language types, linguistic change, sound systems and writing systems. The (Indo-)European languages will be of central interest.

Paul Cubberley

Tue 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 13

### **Making Quality Investment Decisions (Code 6192)**

This course is focused on creating wealth by making quality investment decisions. It provides a decision-making framework of information and concepts which is then used to help attendees structure and implement their own investment strategies tuned to their needs. No investment experience required.

Peter Cook

Thu 3:00-4:20 Weekly Terms: 2,4 Venue: U3A Centre Room 13

### **Mathematics (Code 6220)**

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

Myrna Manton

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

### **Monthly Talks (Code 6500)**

Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board. \$2.00 entry to cover expenses and cuppa. Open to the public so visitors are welcome.

Coral Vercoe

Wed 3:00-4:20 Wk 3 Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Philosophy Social (Code 7220)**

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

Dawn Heffernan

Wed 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

### **Physics Of The World About Us (Code 7230)**

A number of 'stand alone' Science topics, mainly Physics but including some Philosophy and Medicine. The course is designed to entertain and inform. Whereas no prior knowledge is expected, post knowledge is guaranteed!

Tony Heyes

Wed 3:00-4:20 Weekly Terms: 2 Venue: U3A Centre Room 14

### **Religions of the World (Code 7850)**

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 9:00-10:20 Weekly Terms: 1 Venue: U3A Centre Room 13

### **Stockmarket - Self-Help Discussion Group (Code 8400)**

Sub-Committee Convenor: Kevin Dunn

Sub-Committee Members: John Hassed, Ray Cross, Josephine Grant, Dawn Walker

Aims: to identify and understand how internal and global events may impact on the Australian share market and to help one another better understand how the Australian share market operates. The sub-committee will coordinate the selection of topics and invite guest speakers. Active participation of all class members will be encouraged. A small monthly contribution towards gifts for guest speakers is required.

Kevin Dunn

Thu 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

### **Travellers Tales (Code 8810)**

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

Tue 1:30-2:50 Wk 1,3 Terms: 1,2 Venue: U3A Centre Room 13

### **Understanding Financial Markets (Code 8900)**

This course is for those interested in actively managing their investments. Classes include a weekly review of world events, hands on trading experience with free demonstration account based on currency markets (Forex), and group discussion of progress made with these accounts. It requires no money and participants are never pressured to trade with real money. No personal investment advice is provided. Prerequisites: basic computer skills and a home computer on which MS Windows software can be installed in order to practise skills. Involves some basic mathematics ~ junior high school level.

Tim Wilson

Thu 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **What We Eat (Code 9030)**

We will focus on the results of the 2011 National Nutrition Survey, the first since 1995. We will also cover food additives, irradiation, genetic engineering and nanotechnology. The usual segments on diets - crazy and otherwise - and vitamin / mineral of the year will also occur.

Tom Heyhoe

Mon 1:30-2:50 Weekly Terms: 4 Venue: U3A Centre Room 13

## **Computing**

### **Android Users Group (Code 1040)**

A monthly meeting of Samsung, Google Nexus and Aldi computer tablet users. Enhance your knowledge of and skill with these alternatives to the Apple Ipad range. Basically a self help group with an occasional presentation from an expert

Don McKelvie

Wed 3:00-4:20 Wk 4 Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Apple iPad Users Group (Code 1045)**

Progressive introduction to the features of your iPad and assistance with its use.

Heather Close

Wed 3:00-4:20 Wk 2 Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Computers - Basics Level 1 (Code 2000T1)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1

### **Computers - Basics Level 1 (Code 2000T2)**

Kent Garland

Mon 11:00-12:30 Weekly Terms: 2 Venue: U3A Centre Room 1

### **Computers - Basics Level 1 (Code 2000T4)**

Robert Black

Mon 11:00-12:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - Basics Level 1 (Code 2000T3)**

Barbara Hall

Mon 1:30-2:50 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - Buying & Selling on Ebay Group A (Code 2010T4)**

Errol Lovett

Wed 9:00-10:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - Buying & Selling on Ebay Group B (Code 2012T4)**

Errol Lovett

Wed 11:00-12:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - Email and Internet (Code 2095T3)**

Bernice Charity

Thu 11:00-12:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - Excel (Code 2100T1)**

Les Archdall

Wed 3:00-4:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Intermediate Group A (Code 2200)**

This three term course follows on from 'Computers - Basics Level 1'. For those with a home computer with WINDOWS 7, an available USB port, an Email address and ability to use Email, and access to the Internet, preferably Broadband. Topics covered include: setting up Windows, System Restore and Recovery, Mozilla Firefox, Mozilla Thunderbird and other Internet tools. NB: completion of a Computers - Basics course (or the equivalent as previously discussed with the tutor) is a prerequisite for this course.

Warwick Wright

Wed 9:00-10:30 Weekly Terms: 1,2,3 Venue: U3A Centre Room 1

**Computers - Intermediate Group B (Code 2202)**

see Group A

Warwick Wright

Wed 1:00-2:30 Weekly Terms: 1,2,3 Venue: U3A Centre Room 1

**Computers - Internet & Email Workshop (Code 2250T1)**

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - MS Publisher (Code 2300T3)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - MS Word (Code 2305T1)**

Barbara Hall

Thu 3:00-4:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T4)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 4 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T3)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T2)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers - Photo-editing (Code 2700T1)**

Barry Klein

Mon 3:00-4:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - Photoshop Elements (Code 2705T1)**

Les Archdall

Wed 11:00-12:30 Weekly Terms: 1 Venue: U3A Centre Room 1

**Computers - PowerPoint (Code 2710T3)**

Bernice Charity

Thu 1:00-2:30 Weekly Terms: 3 Venue: U3A Centre Room 1

**Computers for Novices Group A (Code 2125T2A)**

Coral Newstead

Thu 1:00-2:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**Computers for Novices Group B (Code 2125T2B)**

Coral Newstead

Thu 1:00-2:30 Weekly Terms: 2 Venue: U3A Centre Room 1

**iPad Workshop (Code 5606)**

A self-help group for sharing information about the use of APPLE iPads (all generations & mini). The focus is on exploring together iPad use for finding information, looking at photos and videos, listening to music, sending and receiving Emails, preparing documents, chatting to others, playing games and being creative.

Neville Johnson

Wed 9:00-10:20 Weekly Terms: 1 Venue: U3A Centre Room 17

**iPad Workshop - Beginners (Code 5607)**

Heather Close

Mon 3:00-4:20 Weekly Terms: 3 Venue: U3A Centre Room 13

**Creative Arts**

**Art - Unlock the Mysteries! (Code 1050)**

Art puzzles many people. Learn to analyse and discuss any object or painting. Learn new ways of seeing, plus the 'tricks of the trade'. You will be surprised at your ability to discuss something, even when you don't like or understand it.

Christine Lederman

Mon 3:00-4:20 Weekly Terms: 1,2 Venue: U3A Centre Room 13

**Calligraphy - Level 1 (Code 1650)**

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.

Laurie Bicknell

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Calligraphy with Illumination - Level 2 (Code 1655)**

Calligraphy is the ART of beautiful writing. Develop skills in illumination to produce works of art.

Laurie Bicknell

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Card Making (Code 1675)**

This is a course for all levels of ability and experience, beginners as well as enthusiastic others. A friendly and easy course making cards for all occasions, exchanging ideas and helping each other.

Sue Vane-Tempest

Mon 12:00-1:20 Weekly Terms: 2,3,4 Venue: U3A Centre Room 8



### **Classical Guitar (Code 1900)**

This is a beginner's course with an emphasis on playing ensemble. It does not continue on from 2013. Each student needs his / her own classical guitar.

Etienne de Lavaulx

Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Centenary House

### **Drawing & Pastels - Level 2 (Code 3700)**

Classes are self help, from portraits to still life to landscape and seascape. Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

### **Drawing & Pastels - Level 3 (Code 3705)**

see Level 2.

Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

### **Drawing, Pastels PLUS (Code 3710)**

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. Beginners must start the year at 9.00am, but past members and advanced new students can work between 9.00am and 12.20pm.

Lynne Deans

Fri 9:00-12:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

### **Embroidery - Needles & Threads (Code 4100)**

This is a self-help group suitable for beginners and advanced. Participants may work on embroidery, tapestry, etc.

Lauris Ward

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Embroidery for Beginners Plus (Code 4120)**

Embroidery for the beginner to the more experienced. Needles, threads and materials bought by members as needed.

Desiree Higgins

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Heimat Centre

### **Fun With Pocket Theatre (Code 4800)**

This course is an introduction to basic theatre skills offering participants an opportunity to gain first-hand experience with live performance interacting with the members of Pocket Theatre.

Activities include observation of rehearsals, play reading, workshop exercises, etc.

Joan van Houten

Mon 10:00-11:00 Weekly Terms: 2,3,4 Venue: Private Residence

### **Handcrafts (Code 5300)**

A self-help group for sharing skills and experimenting together. 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. Students will be told at 1st class what they need to purchase for themselves.

Barbara Hall

Wed 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Private Residence

### **Let's Make Music (Code 6060)**

Tim Wilson

Mon 9:00-10:20 Weekly Terms: 1 Venue: Ted Ajani Community Centre

### **Mandalas (Code 6195)**

Mandala design is a fulfilling creative expression, awakening your geometric skills as well as your dormant artistic side. Enjoy colour, beauty, design balances.

Lyn Colenso

Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15



### **Marquetry - Self-Help (Code 6210)**

Marquetry is the art of using wood veneers to make pictures or designs. Veneers can be provided. Beginners and those with experience are welcome in this enjoyable hobby. Purchase of cutters and veneers are at members' discretion.

Lindsay Roberts

Tue 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Music - Piano for Beginners (Code 6675)**

Enjoy learning to play songs that you love without the drudgery of having to learn to read music. This course uses a new method that will have you playing from your first lesson. Keyboards are provided. This course will be held at the tutor's home in Doncaster East.

Christine Lees

Wed 1:00-2:00 Weekly Terms: 2,3,4 Venue: Private Residence

### **Music - Piano for Beginners Group B (Code 6676)**

Christine Lees

Wed 10:30-11:30 Weekly Terms: 3,4 Venue: Private Residence

### **Music - Singing for Pleasure (Code 6680)**

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. Initial folio of music \$18.

Beryl Nichols

Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Baptcare Templestowe Orchards Co

### **Music - The Happy Singers (Code 6682)**

Participants will be singing short, energetic and joyful songs from a variety of cultures and languages. No previous singing experience is necessary, just an interest and love of singing as a means of expression and relaxation. Not a choir but an informal singing group.

Telmay Dodd

Tue 12:30-1:50 Wk 1,3 Terms: 2,3,4 Venue: Scout Hall Ted Ajani Centre

### **Music Lovers Group (Code 6640)**

Convenor: John Mitchell; Assistants: Joan Creber, Alan Clark, Margaret Hartley, 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 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

### **Music Theory Level 1 (Code 6685)**

Basic theory - learn to read, write and sing music notes under no pressure - just enjoy! Text book: Master Your Theory by Dulcie Holland, Grade 1.

Mavis Blake

Mon 11:15-12:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Music Theory Level 2 (Code 6690)**

Continuation from level 1 with some emphasis on developing aural skills relevant to the theoretical level being covered. Text book and manuscript pad required

Joe Bonaccorso

Wed 11:15-12:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Needlework (Code 6800)**

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.

Carmen Woodward

Thu 9:30-11:30 Weekly Terms: 1,2,3,4 Venue: Baptcare Templestowe Orchards Community

**Painting - Acrylics Self-Help (Code 7010)**

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

Frank O'Neill

Fri 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Painting - Chinese Self-Help (Code 7020)**

This is a self-help class for people who are interested in Chinese painting. Purchase of materials and equipment are required.

Peti Leung

Fri 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Painting Watercolour - Level 2 (Code 7055)**

For students with prior watercolour painting experience. 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. \*Not for Beginners\*.

Jan Palmer

Thu 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Painting Watercolour Self-Help (Code 7060)**

This class assumes a certain level of skill. Class members work on their own projects. This is NOT a class for beginners.

Lisbeth Wilks

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Painting with Oils Self-Help (Code 7080)**

This course is for those with some experience in painting with oils. Initial costs for supplies is ~ \$50.

Wilmore Bajada

Wed 1:00-2:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Patchwork, Applique & Quilting for Beginners (Code 7090)**

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.

Patricia Wright

Thu 2:30-4:25 Weekly Terms: 1,2,3,4 Venue: Heimat Centre

**Pottery - Introduction to Handbuilding (Code 7500)**

An 8 week introductory course with participants creating an item of their own choice. Materials and firing are paid for as used (approx. cost: \$20).

Marjorie Beecham

Fri 10:00-1:00 Weekly Terms: 1 Venue: Warrandyte Mechanics Institute & Arts

**Sculpture - Self-Help (Code 8220)**

A self-help group exploring clay, stone and wood to produce small and medium sized projects.

Tools and materials acquired as needed. Beginners welcome.

Sandra Dean

Wed 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Whimsical Knitting & Crochet (Code 9040)**

Have fun knitting or crocheting three dimensional pieces such as soft coral, Easter chickens and cup cakes, also wearable textiles, shrugs, scarves and hats. Basic knitting or crochet skills helpful but not necessary.

Susan Ferres

Mon 1:30-3:00 Weekly Terms: 1 Venue: U3A Centre Room 17

### **Wood Carving - Self-Help (Code 9050)**

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.

Desiree Higgins

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 17

### **Woolcraft (Code 9080)**

This class will suit knitters of all abilities, from beginners to advanced. Crocheting also encouraged.

Marie Klein

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **English: Written & Spoken**

#### **Book Discussion Group (Code 1450)**

Books are selected by the group and provided by the Council of Adult Education (CAE) at an additional cost. In 2014 CAE costs are \$80.05 (concession), \$120.15 (seniors), \$135 (full). Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation.

Judith Dall'Oste

Wed 1:00-2:20 Wk 3 Terms: 1,2,3,4 Venue: Greenview Retirement Village

#### **Book Group (Code 1455)**

Through the power of the written word, we can 'visit' other times and places and share in other people's experiences. Join a group of like-minded people to read and talk about books that may change the way we see the world. Commences 19 March.

Elizabeth Ross

Tue 1:30-2:50 Wk 3 Terms: 1,2,3,4 Venue: U3A Centre Room 8

#### **English (ESL) - Basic Writing (Code 4195)**

For speakers of English as a Second Language who have a basic literacy in English. Aims include improving sentence and paragraph construction, as well as writing in different forms for different purposes. Outcomes, according to individual needs, may include writing formal and informal letters, filling in forms, explaining a procedure and presenting a simple argument.

Tom Lim

Mon 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 16

#### **English (ESL) - Conversation Level 1 Group A (Code 4197)**

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

Gail Clayton

Thu 9:00-10:20 Weekly Terms: 2,3,4 Venue: U3A Centre Room 13

#### **English (ESL) - Conversation Level 1 Group B (Code 4200)**

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

Joan Creber

Wed 9:15-10:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

#### **English (ESL) - Conversation Level 2 Group A (Code 4201)**

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.

Jean de Neef

Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

#### **English (ESL) - Conversation Level 2 Group B (Code 4202)**

See Group A

Helen Lowell

Thu 12:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Reading For Pleasure (Code 7800)**

Themes in contemporary fiction: selected reading to observe the various ways in which authors use fiction to express the issues and concerns of modern society.

Margaret Murphy

Mon 1:30-3:00 Wk 1 Terms: 1,2,3,4 Venue: Templestowe Retirement Village

### **Writing - Creative (Code 9115)**

For people interested in developing their own writing skills over all writing forms. Class members write stories which are read to the class for evaluation and discussion within a supportive environment.

Richard Davis

Wed 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 16

### **Writing - Poetry (Code 9118)**

For writers of poetry, our emphasis is on creativity. We each submit work which is followed by a written critique. In addition, a weekly exercise is given where the aim is to write a poem based on prompts, with fun and friendly sharing.

Hazel Boss

Thu 11:30-12:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

### **Writing - The Written Word (Code 9120)**

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.

Patricia Taylor

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

## **Games & Hobbies**

### **Bridge - Beginners (Code 1500)**

Learn the basics of Bridge. You need to have some card games experience such as Solo or Five Hundred. No new players will be accepted after 17 February.

Nena Reid

Tue 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

### **Bridge - Duplicate Group A (Code 1520)**

This group is for people who know how to play bridge. See also Group B.

Ross Henderson

Tue 1:30-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

### **Bridge - Duplicate Group B (Code 1522)**

Both groups cater 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.

John Driver

Thu 1:30-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

### **Bridge - Duplicate Group C (Code 1525)**

This course is for people who know how to play Bridge and is ONLY available to members who are not enrolled in any other Bridge class at Manningham U3A.

John Ingrassia

Wed 1:30-4:20 Weekly Terms: 2,3,4 Venue: U3A Centre Room 17-18

### **Bridge - Practice/Social Group A (Code 1530)**

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

Tess Gibbs

Tue 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

**Bridge - Practice/Social Group B (Code 1532)**

see Group A. In terms 3 & 4 this course will be held weekly. For this group - preference will be given to those not enrolled in another Bridge group.

Tess Gibbs

Tue 11:00-12:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 17

**Card Games (Code 1673)**

Come and play cards for fun, mental stimulation and social interaction - Bolivia five hundred, canasta, etc.

Lynne Fitzsimons

Fri 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Baptcare Templestowe Orchards Com

**Mahjong - Western - Self-Help (Code 6190)**

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 10:45-12:15 Wk 2,4 Terms: 1,2,3,4 Venue: Roseville Retirement Village

**Rummikub (Code 7940)**

Beth Coote

Thu 3:15-4:20 Wk 1,3 Terms: 3,4 Venue: U3A Centre Room 15

**Scrabble (Code 8200)**

Scrabble is a mentally stimulating game, suitable for all ages. Previous playing experience beneficial. Not suitable for beginners.

Bev Dittmann

Thu 1:05-3:05 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**Snooker (Code 8295)**

Have fun and enjoy a game of snooker. Beginners and experienced players welcome.

Paul Matison

Wed 10:00-11:20 Weekly Terms: 2,3 Venue: Baptcare Templestowe Orchards Com

**Solo - Self-Help (Code 8300)**

Both original version and Auction Solo are played. Knowledge of the game is required.

Dianne Brettargh

Wed 1:00-4:00 Weekly Terms: 1,2,3,4 Venue: Applewood Retirement Village

**Health & Fitness**

**Badminton (Code 1200)**

This social badminton group is for experienced players and beginners. Badminton is an active indoor game. Participants provide their own racquets. There is a small charge to cover the cost of shuttlecocks.

Kay Newcombe

Mon 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Templestowe Leisure Centre Stadium

**Badminton for Fun (Code 1210)**

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.

Colin Cherry

Wed 1:00-3:00 Weekly Terms: 2,3,4 Venue: Templestowe Leisure Centre Stadium

**Ballroom Dancing - Advanced (Code 1250)**

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.

Patrick Khaw

Wed 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Ballroom Dancing - Beginners (Code 1251)**

This course teaches dances useful for a dinner dance occasion. It is also a good foundation for the Intermediate class.

Ethel Fredericks

Wed 12:00- 1:00 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Ballroom Dancing - Intermediate (Code 1252)**

To do this class, you need to have done at least one year in Beginners Ballroom class. Dancing is a fantastic way to keep physically fit and mentally active. NB Only ONE Ballroom Dancing class per member.

Noel Wright

Wed 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Exercise To Music (Code 4300)**

Participate in exercises to Argentine Tango music. These exercises build the foundation for good balance, improve core strength and posture.

Joseph Wong

Thu 2:30-3:30 Weekly Terms: 3,4 Venue: Pines Function Room

**Golf for All (Code 5145)**

Members must have their own equipment and have some experience playing golf. Nine holes of golf on a weekly basis. Green fees apply.

Carol Leeson

Tue 10:15 am start Weekly Terms: 1,2,3,4 Venue: Freeway Golf Course

**Golf for Fun (Code 5150)**

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.

Douglas Brewer

Wed 7:00 am start Weekly Terms: 1,2,3,4 Venue: Freeway Golf Course

**Greek Dancing (Code 5210)**

Learn some Greek dancing along with some history and culture associated with the dancing. Good exercise guaranteed! Beginners: arrive at 11:30, others: 11:45.

Douglas Ray

Thu 11:30-1:10 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

**Lawn Bowls Doncaster (Code 6045)**

A term length program - try the relaxed game of lawn bowls. Learn how to play with a friendly group of helpers. Use club bowls. No fees.

Gerard Selleck

Fri 2:30 -3:45 Weekly Terms: 4 Venue: Bowls Club Doncaster

**Lawn Bowls for Beginners (Code 6050)**

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.

Barry Wilkins

Thu 1:30 start Weekly Terms: 1,2,3,4 Venue: Donvale Bowls Club

**Line Dancing - Beginners (Code 6145)**

For Beginners Only. Learn some easy and fun line dances. Follow the instructor as she teaches each dance step-by-step.

Julie Ong

Fri 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Pines Function Room



### **Line Dancing - Intermediate (Code 6147)**

You must have at least one year's experience in the Beginners class before you can join this class.

PLEASE NOTE: Only ONE Line Dancing class per member.

Julie Chau

Wed 3:30-4:20 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Petanque - French Bowls (Code 7100)**

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.

Donald Gay

Mon 9:00 start Weekly Terms: 1,2,3,4 Venue: Donvale Indoor Sports Centre

### **Rock & Roll, Swing & Salsa - Advanced (Code 7895)**

This is a busy activity for dancers who are able to practise their new skills on a regular basis.

Students should have a Competency Certificate at Intermediate Level from the tutor or satisfy the tutor that they have the necessary skills and aptitude for this course.

Edwin Goodieson

Mon 2:00-3:00 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Rock & Roll, Swing & Salsa - Beginners (Code 7900)**

Basic routines in these styles of dance are taught. No previous experience is required. Throughout the year the dance styles will be taught on a rotational basis, each running for 4 weeks.

Edwin Goodieson

Mon 12:00-1:00 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Rock & Roll, Swing & Salsa - Intermediate (Code 7905)**

To enrol in the Intermediate class, participants must be proficient in basic dance skills. The tutor will ascertain the proficiency of participants at the beginning of each term. Throughout the year the dance styles will be taught on a rotational basis, each running for 4 weeks.

Edwin Goodieson

Mon 1:00-2:00 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Sequence Dancing for Beginners (Code 8240)**

Sequence dances include the waltz, foxtrot, quickstep, tango, rumba, cha cha, samba, jive, saunter and many more. Australian New Vogue dances are a subset of Sequence dances. A mix of the most popular and most recently choreographed sequence dances will be taught.

Liza Ng

Thu 12:00-1:00 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Strength Training - Level 1 (Code 8500)**

This program is based on Miriam Nelson's 'Strong Women (People) Stay Young'. Through working with weights you can improve your strength, balance, bone density, blood sugar control & general well being.

Prior to enrolling in any Strength Training group, all new participants are asked to check with their GPs/Specialists that this program will be suitable for them. This is a one term course and on successful completion you may move into a Level 2 group. NB: All participants are expected to attend both weekly sessions. Attendance at the first session is ESSENTIAL.

Margaret Dawdy

Mon,Thu 9:00-10:30 Weekly Terms: 1 Venue: Scout Hall Ted Ajani Centre

### **Strength Training - Level 1 (Code 8500T3)**

Margaret Dawdy

Mon,Thu 10:30-11:50 Weekly Terms: 3 Venue: Scout Hall Ted Ajani Centre

### **Strength Training - Level 1 (Code 8500T2)**

Margaret Dawdy

Mon,Thu 10:30-11:50 Weekly Terms: 2 Venue: Scout Hall Ted Ajani Centre



**Strength Training - Level 1 B (Code 8500T2B)**

Margaret Dawdy

Mon,Thu 9:00-10:20 Weekly Terms: 2 Venue: Scout Hall Ted Ajani Centre

**Strength Training - Level 2 Group A (Code 8505)**

See Group D

Josephine McDermott

Mon,Thu 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Strength Training - Level 2 Group B (Code 8510)**

See Group D

Tony Ellul

Mon,Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

**Strength Training - Level 2 Group C (Code 8515)**

See Group D

Moirax Axtens

Tue,Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Strength Training - Level 2 Group D (Code 8520)**

ONLY PEOPLE WHO HAVE COMPLETED AN INTRODUCTORY COURSE, BASED ON MIRIAM NELSON'S 'STRONG WOMEN (people) STAY YOUNG', WILL BE ACCEPTED INTO A LEVEL 2 GROUP. IF YOU HAVE NOT PREVIOUSLY ATTENDED THE STRENGTH TRAINING PROGRAM at MANNINGHAM U3A PLEASE INDICATE THAT YOU ARE NEW BY WRITING 'N' NEXT TO THE COURSE CODE ON YOUR APPLICATION FORM. ATTENDANCE TWICE WEEKLY FOR ALL STRENGTH TRAINING CLASSES IS REQUIRED.

Moirax Axtens

Tue,Fri 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

**Strength Training - Level 2 Group E (Code 8525)**

see Group D

Margaret Dawdy

Mon,Thu 9:00-10:20 Weekly Terms: 2,3,4 Venue: Scout Hall Ted Ajani Centre

**Strength Training - Level 2 Group F (Code 8530)**

Margaret Dawdy

Mon,Thu 10:30-11:50 Weekly Terms: 3,4 Venue: Scout Hall Ted Ajani Centre

**Table Tennis (Code 8600)**

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.

Erwin Kolbeck

Thu 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Donvale Indoor Sports Centre

**Table Tennis Spin & Smash (Code 8605)**

These Table Tennis sessions are for people looking to improve skill through practice and singles matches.

Kenneth Kwei

Thu 10:00-11:00 Weekly Terms: 2,3,4 Venue: Donvale Indoor Sports Centre

**Tai Chi Ch'uan - Advanced (Code 8650)**

A simple step-by-step, form-by-form progression to the 24 forms of simplified Tai Chi Ch'uan. It includes some warm-up exercises and Tai Chi Fan and Tai Chi Sword.

William Mak

Wed 9:00-12:00 Wk 1 Terms: 1,2,3,4 Venue: Pines Function Room

**Tai Chi Ch'uan - Beginners (Code 8652)**

William Mak

Wed 9:00-12:00 Weekly Terms: 1,2,3,4 Venue: Pines Function Room

### **Tai Chi Level 1 (Code 8655)**

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.

Angelina Chung

Tue 9:30-10:30 Weekly Terms: 1,2,3,4 Venue: Basketball Stadium Activity Room

### **Tai Chi Level 2 (Code 8660)**

Refine and practise all forms taught: Tai Chi Qigong 18 movements, simplified Sun Style (Tai Chi for Arthritis), Yang Style Tai Chi (Beijing 24) & Tai Chi fan. Participants must have completed all the above forms. This course is not suitable for beginners. Check regarding suitability of previous experience with tutor or class representative if unsure.

Angelina Chung

Tue 10:30-11:30 Weekly Terms: 1,2,3,4 Venue: Basketball Stadium Activity Room

### **Tennis - Friday (Code 8752)**

see Tennis - Monday (8750).

Valerie Lierse

Fri 9:00-11:30 Weekly Terms: 1,2,3,4 Venue: Donvale Tennis Club

### **Tennis - Monday (Code 8750)**

Participants MUST have played tennis previously. Shoes and racquet are necessary, plus \$9 per year per person for tennis balls. There is NO COACHING.

Valerie Lierse

Mon 8:30-11:00 Weekly Terms: 1,2,3,4 Venue: Donvale Tennis Club

### **Walking for Exercise - Wednesday (Code 9003)**

Walk in Ruffey Lake Park. Meet in the car park on Victoria Street. Melways 33 J10.

A regular morning walk is the best exercise for seniors. Maintain your fitness in good company.

Bruce Ford

Wed 9:00 am start Weekly Terms: 1,2,3,4 Venue: Ruffey Lake Park

### **Walking for Exercise Friday (Code 9005)**

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

Douglas Brewer

Fri 8:50 am start Wk 1,3 Terms: 1,2,3,4 Venue: Various Locations

### **Walking for Fitness (Code 9010)**

One hour walks in and around Manningham and nearby parks and reserves. To enjoy these walks, participants should be reasonably fit and injury free. The schedule for each term will be on the U3A notice board.

Barry Cormack

Thu 9:05 am start Weekly Terms: 1,2,3,4 Venue: Various Locations

### **Walking for Health & Pleasure (Code 9015)**

Enjoy the beauty of Melbourne's parks, gardens and trails and improve your health at the same time. An added bonus is meeting people of similar age and interests and having a 'cuppa' with them afterwards. Walks generally take between one - two hours. The schedule for each term will be on the U3A notice board.

Audrey Killey

Fri 9:00 am start Wk 2,4 Terms: 1,2,3,4 Venue: Various Locations

### **Yoga - Classical Group A (Code 9220)**

Enhance your wellbeing with Hatha Yoga, gently stretching and toning the muscles, keeping the spine and joints flexible, and improving circulation. Includes breathing techniques, meditation and relaxation.

Barbara Byrne

Wed 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Yoga - Classical Group B (Code 9224)**

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.

Nalini Singam

Mon 11:00-12:20 Weekly Terms: 1,2,3,4 Venue: Ted Ajani Community Centre

### **Yoga for Health (Code 9225)**

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.

Saroja Swami

Fri 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 13-14

### **Yoga Hatha Group A (Code 9260)**

Yoga provides a comprehensive system of exercise that strengthens, tones and aligns, improving the health of the entire body. It also develops mental calmness.

Lesley Catt

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Yoga Hatha Group B See Group A**

Lesley Catt

Mon 3:00-4:20 Weekly

### **Yoga Hatha Integral (Code 9265)**

Terms: 1,2,3,4 Venue: U3A Centre Room 14 **(Code 9275)**

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.

Gloria Matison

Tue 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Yoga Integral (Code 9280)**

see Yoga Hatha Integral. NB ONLY ONE YOGA CLASS PER MEMBER.

Gloria Matison

Wed 4:15-5:30 Weekly Terms: 1,2,3,4 Venue: Baptcare Templestowe Orchards Co

### **Zumba Gold (Code 9700)**

Zumba Gold is a Latin inspired workout tailored to the needs of elders. Just like Zumba, it incorporates dance/fitness routines to Latin and international rhythms, but is performed at a lower intensity.

Tony Ellul

Thu 1:15-2:15 Weekly Terms: 2,4 Venue: Pines Function Room

## **Languages**

### **Chinese - Advanced (Code 1800)**

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 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **Chinese - Mandarin Level 1 (Code 1810)**

This is a class for beginners.

Wei Xing Huang

Fri 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Chinese - Mandarin Level 2 Group A (Code 1815)**

Follows on from Level 1 - some previous knowledge required. Wei Xing Huang

Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**Chinese - Mandarin Level 2 Group B (Code 1818)**

see Group A

Yanwen Huang

Mon 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

**French - Beginners (Code 4485)**

This course is strictly for beginners or members with very little experience of the French language. Learn French in a friendly and relaxed atmosphere. This course is ONLY available to members who are NOT enrolled in any other French course at MU3A.

Monique Plantier

Tue 9:30-11:00 Weekly Terms: 2,3,4 Venue: Bulleen & Templestowe Community House

**French Conversation Level 2 (Code 4490)**

Principal Objective: for students to be able to make themselves understood in writing and speaking French in French-speaking countries. This course is not suitable for beginners.

Emmeline Oakley

Fri 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**French Conversation Level 3 Group A (Code 4495)**

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 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**French Conversation Level 3 Group B (Code 4496)**

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 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

**French Conversation Level 4 (Code 4500)**

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

Monique Plantier

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: Centenary House

**French Self-Help Basic (Code 4504)**

This course includes grammar, reading and conversation. It is suitable for those with some knowledge of French to revise and improve their skills. Note: this is NOT a class for beginners.

Textbook: Vite et Bien 1, Miquel Claire, CLE International, 2009.

Helen Anderson

Thu 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**French Self-Help Level 2 (Code 4505)**

This group works at an intermediate level of French. Content includes grammar, reading and conversation. Text: Read and Think French, McGraw Hill 2010.

Helen Anderson

Fri 9:00-10:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

**German (Code 5110)**

In this German class you can further develop your skills of reading, writing and speaking this wonderful language. We do this with a variety of texts. We learn about the country, revise important grammar, sing songs, read short stories and generally have fun.

Trudy Ward

Wed 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 13

### **German Advanced (Code 5112)**

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.

Jutta-Inge Szwed

Mon 9:00-10:20 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **German for Beginners (Code 5114)**

For those interested in German, this is a beginners course with an introduction to the language and culture.

Jutta-Inge Szwed

Mon 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **German Intermediate (Code 5115)**

This course is suitable for those with a 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.

Jutta-Inge Szwed

### **German Kaffeeklatsch (Code 5120)**

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 Café, The Pines.

Jutta-Inge Szwed

Mon 9:00-10:15 Wk 2 Terms: 1,2,3,4 Venue: Various Locations

### **Greek - Level 1 (Code 5200)**

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: Greek Language and People BBC, new edition.

Lula Black

Thu 9:00-10:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

### **Greek Conversation (Code 5205)**

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 10:10-11:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

### **Italian Beginners Group A (Code 5610)**

This class is for those with no previous experience in learning Italian. It will focus on the basics of the language, including grammar, pronunciation and homework. Text book: Italian for Beginners, Usborne Language Guides.

Lucia Di Fiore

Mon 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Italian Beginners Group B (Code 5612)**

Angela De Leo

Wed 3:00-4:20 Weekly Terms: 4 Venue: U3A Centre Room 15

### **Italian Conversation Basic (Code 5615)**

This course will operate at a basic level and is suitable for beginners.

Paola Flammini

Fri 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **Italian Conversation Intermediate (Code 5617)**

This course operates at an intermediate level and is not suitable for beginners. The level will be determined by the ability and experience of the participants.

Paola Flammini

### **Italian Level 2 (Code 5620)**

Not suitable for beginners. Oral/Aural approach plus reading and grammar. Texts: 1) A Progressive Italian Grammar - Komadina & Orifici - Campian Press or Continental Book 2) Buongiorno Italia - BBC 2005 edition. Buy online from: [www.bookdepository.com](http://www.bookdepository.com) (for a reasonable price).

Neville Heffernan

Wed 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **Italian Level 3 (Code 5625)**

At least 2 years of previous Italian is required. Text books for Level 2 will be referred to but new students need not buy them. Text book for 2014: to be advised. NB: enrol in either Level 2 OR level 3 - Not Both.

Neville Heffernan

Wed 10:30-11:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **Italian Self-Help (Code 5640)**

This class, for people with 2 years or more of Italian, is designed to go beyond classroom Italian. We read magazines, newspapers, modern novels, listen to Italian tapes, have conversations in Italian and deal with grammar. We challenge ourselves, do homework and have fun!

Liliana Orsini

Mon 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 18

### **Latin - Advanced (Code 6030)**

Study of classical Latin writers and poets. A solid knowledge of basic Latin grammar is required in order to practise English into Latin, as well as Latin to English translating. Text book - to be advised.

Helen Kearton

Tue 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 15

### **Spanish Conversation (Code 8335)**

A fun and easy way to learn basic Spanish. No previous knowledge is required - just be willing to learn.

Rene Carrasco

Mon 12:00-1:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 14

### **Spanish Level 1 (Code 8338)**

This is a class for beginners with no knowledge of the language and also for members who have been previously at least one year in a beginners class. An Oxford School Spanish dictionary is needed.

Arta Xenophon.

[Back to 2014](#)

## **Manningham U3A Courses 2015**

### **General Studies**

#### **ALL ABOUT LANGUAGE** - Geoff Sheldon (Code 1030)

Monday 10:30-11:50 Venue: Room 14

In just our lifetime linguistics has become one of the most exciting and productive of the social sciences. This course offers a non-technical introduction to this subject addressing such topics as: why are languages so different (or so similar)? Does language determine the way we perceive the world? Plus many other fascinating and beguiling mysteries. This is a repeat of the 2014 course - not a continuation.

#### **ASTRONOMY & COSMOLOGY** - John O'Connor (Code 1055)

Wednesday 1:30-2:50 Terms 1,2,4 Venue: Room 14

How does it all fit together? Welcome to Big History: Big Bang to Big Brain: our awesome cosmic pedigree. Be amazed by deep space time, our local night sky, Einstein's relativity, quantum origins, multiverses; evolution of galaxies, stars, planets, life, brain and mind; Earth's history, climate, sustainability limits. Updated visuals, course notes. Detailed course notes available (\$8) - optional.

#### **AWAKEN YOUR INNER SELF** - Kirtida Baxi (Code 1070)

Tuesday 3:00-4:20 Terms 1,2 Venue: Private Residence

This meditation course seeks to investigate questions pertaining to life and identity by stopping, observing and steering us towards a positive attitude, harnessing the power of mind. This is a workshop and discussion group to help understand self and willpower. Bring pen and notepad.

#### **BASIC MEDICAL MICROBIOLOGY** - Moy Lim (Code 1290)

Friday 1:30-2:50 Term 1 Venue: Room 14

This course will introduce common medical terminology and provide some understanding of microbiology pathology reports. It looks at classes of organisms, with emphasis on common pathogenic bacteria. The role of the latter in clinical conditions is discussed.

#### **BIRD WATCHING - SELF HELP** - Bruce Ford (Code 1350)

Tuesday 9:00-12:00 Venue: Various Locations

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. Banyule Flats, Melway ref. 32F2. Meet at the car park off Somerset Drive. The Group will not meet on declared TOTAL FIRE BAN days.

#### **CULTURE, THEORY & PRACTICE** - Joan Sheridan (Code 3400)

Tuesday 3:00-4:15 Venue: Room 8

How do we live? What can we know? This course is a selection of ways in which our Western culture has historically answered these questions. It follows the Humanist tradition which understands that human beings are responsible for their world. Participants will be required to be open-minded and tolerant of a variety of ideas and opinions. Some pre-reading may be required.

#### **CURRENT AFFAIRS - BEHIND THE NEWS** - John Moore (Code 3490)

Friday 1:30-2:50 Venue: Room 8

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.

#### **CURRENT AFFAIRS - GROUP A** - David Jensz (Code 3495)

Tuesday 12:00-1:20 Venue: Room 14

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.

#### **CURRENT AFFAIRS - GROUP B** - David Jensz (Code 3500)

Tuesday 1:30-2:50 Venue: Room 14

see Group A



**CURRENT AFFAIRS - GROUP C** - David Jenz (Code 3505)

Friday 12:00-1:20 Venue: Room 14  
see Group A

**DEVELOPING AWARENESS** - Deidre Heppell (Code 3520)

Thursday 10:30-11:50 Venue: Room 14

Discussion and practice in developing awareness and investigating the truth of oneself. Please note: this class will be held for all four terms.

**DINING OUT WITH FRIENDS** - Hazel Ferguson (Code 3600)

Wednesday 7:00-0:00 Venue: Various Locations

We choose restaurants in Manningham with varied menus and reasonable prices. Add your name to the list on U3A notice board. CONDITIONS APPLY: Restaurants require definite number of diners by the Monday prior to the dinner. Inadequate notice of cancellation may result in liability to pay for the meal. WHEN NUMBERS are limited, Dining Out (enrolled) members will be given preference. Lists for dinners are posted on the U3A noticeboard. CONDITIONS APPLY: confirmation of numbers is required 2 days prior to the dinner - inadequate notice of cancellation may result in liability to pay for the meal.

**FILM APPRECIATION** - Warwick Pole (Code 4350)

Wednesday 1:30-4:00 Venue: Applewood Retirement Village

Watch and discuss films projected from video or DVD. The selection of films is based on themes such as actor, genre, director or subject. Cost: \$2 per term for handout material.

**GENEALOGY - FAMILY HISTORY - LEVEL 1** - Jane Tindale (Code 5100)

Monday 10:30-11:50 Venue: Room 8

Are you interested in discovering your roots and family secrets? You will receive support while you investigate your family tree, with an aim to integration into the self-help group. No further intake after term 1.

**GENEALOGY - FAMILY HISTORY - LEVEL 2** - Valerie Bell (Code 5105)

Monday 12:00-1:20 Venue: Room 8

This is a self-help group for those who know the basics but need the incentive to keep going with their family history. Aimed at members who are capable of working on their own.

**GOOD HEALTH - GOOD MEDICINE** - David Duerden (Code 5190)

Monday 10:30-11:50 Venue: Room 8

This class will cover general health issues, medicines, natural medicines, medical terminology, etc, with time for questions and discussion. Class will be held on 5th Monday of the month when it occurs during terms.

**HEALING - MIND, BODY, SPIRIT** - Corale Taylor (Code 5420)

Tuesday 9:00-10:20 Venue: Room 18

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.

**HEALTHY AGING** - Taffy Jones (Code 5430)

Thursday 1:30-2:50 Term 2 Venue: Room 8

Aging should not be an inevitable decline into frailty of body and mind. This course explores what we can do to take better care of ourselves and help the process of getting older to be a more positive and enjoyable experience.]

**HISTORY - AUSTRALIAN** - Des Thornton (Code 5510)

Tuesday 11:15-12:45 Terms 1,2 Venue: Room 16-18

Rum Rebellion; Late Blooming Explorers; Post Federation Australia; The Melbourne Cup; Communication Systems; Australian Catastrophes; Australian Imperialism; Australia's Asian Adventures; Australian Genius At Work. Class will be held on the 5th Tuesday of the month when it occurs during terms. Photocopying: \$3.

**HISTORY - LIFE CHANGING EVENTS - Andrew Leopold (Code 5525)**

Thursday 1:30-2:50 Terms 1,2,3 Venue: Room 14

A blend of information and discussion about independent topics: How the weather has shaped history; Innovations that have changed our world; Momentous decisions; Traces of past civilizations; Medical discoveries and inventions; Forensic science.

**HISTORY - LOCAL ABORIGINAL - Jim Poulter (Code 5530)**

Monday 3:00-4:20 Terms 1,2 Venue: Room 17-18

Students will examine aboriginal thought systems which guided their social structure and land management practices. This will then enable the examination of local aboriginal history and the significant events and personalities of the Colonial period.

**HISTORY - MILITARY - Robert Ellis (Code 5540)**

Tuesday 1:30-2:50 Term 4 Venue: Room 8

This course covers various aspects of the conflicts that have taken place between the pre-Christian era and mid-20th Century. Covers: Organisations, technology and techniques of the land, sea and air conflict, and causes, courses of action, and consequences of military activity. Members may have the opportunity to present a topic of their own choice during the course.

**HISTORY OF EARLY RELIGION - David Miller (Code 5545)**

Friday 1:30-2:50 Terms 3,4 Venue: Room 14

1. The Indo-European and Semitic backgrounds. 2. Zoroastrianism. 3. Origin, and influence on the Abrahamic Religions. 3. Christianity: from early church to imperial church. 4. Christian 'Heresies': Marcionites, Valentians, Manichaeans. 5. Analysing religion and spirituality. Cost: \$5 for photocopying

**HISTORY OF SCIENCE - Michael Westbrook (Code 5565)**

Wednesday 9:00-10:20 Term 1 Venue: Room 14

From Adam and Eve to the present time and beyond we will explore the inventions and discoveries that changed the world. Lectures will be supplemented with pictures, diagrams and demonstrations. Participants will be encouraged to discuss the significance of various inventions / discoveries. There will be a small charge for photocopying.

**INTRODUCTION TO GENETICS - Shirley Fung (Code 5605)**

Monday 9:00-10:20 Venue: Room 1

An interactive course including images, videos, discussions to explore biological and genetic concepts leading up to applications of genetic engineering.

**LANGUAGES OF THE WORLD - Paul Cubberley (Code 6000)**

Tuesday 1:30-2:50 Term 3 Venue: Room 8

A look at the spread of language(s) across the world and at the present language groupings of the world. Topics will include language types, linguistic change, sound systems and writing systems. The (Indo-)European languages will be of central interest.

**LIFE SKILLS IN OUR LATER YEARS - Josephine Grant (Code 6140)**

Tuesday 11:15-12:45 Venue: Room 16

Develop and reconnect with the wisdom and resources found in your family and your social context in a supportive, interactive group. NB: no classes from 1st May to 9 June.

**LOOK GOOD, FEEL GOOD - Colleen van Hemert (Code 6160)**

Tuesday 10:30-11:50 Term 4 Venue: Community House

This one term course explores aspects of skin aging, nutrition, protection, facial exercising, skin health and simple maintenance routines. Skin care products will be discussed and examined for their anti-aging claims and efficacy. Finally, the basic principles of make-up artistry, tools, tips and tricks, selection and use of colour and how to achieve a subtle and flattering make-up result will be taught through demonstration and individual practice. This is a ONE term course. Held in the Activity room.

**LOOK GOOD, FEEL GOOD - Colleen van Hemert (Code 6160)**

Tuesday 10:30-11:50 Term 3 Venue: Community House

This one term course explores aspects of skin aging, nutrition, protection, facial exercising, skin health and simple maintenance routines. Skin care products will be discussed and examined for their anti-aging claims and efficacy. Finally, the basic principles of make-up artistry, tools, tips and tricks, selection and use of colour and how to achieve a subtle and flattering make-up result will be taught through demonstration and individual practice. This is a ONE term course. Held in the Activity room.

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**MAKING QUALITY INVESTMENT DECISIONS - Peter Cook (Code 6192)**

Thursday 3:00-4:20 Terms 1,2,4 Venue: Room 8

This course is focused on creating wealth by making quality investment decisions. It provides a decision-making framework of information and concepts which is then used to help attendees structure and implement their own investment strategies tuned to their needs. No investment experience required.

**MATHEMATICS - Myrna Manton (Code 6220)**

Monday 9:00-10:20 Venue: Room 8

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

**MONTHLY TALKS - Coral Vercoe (Code 6500)**

Wednesday 3:00-4:20 Venue: Room 8

Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board. \$2.00 entry to cover expenses and cuppa. Open to the public so visitors are welcome.

**MORALITY AND THE HUMANITIES - Ian Bissett (Code 6520)**

Thursday 9:00-10:20 Venue: Room 14

Using philosophy, psychology and sociology to lead a good life. Exploring such questions as: Can we really be honest? Is lust a good? Is tact a form of dishonesty? What use are the social norms? Photocopying: ~\$5 per term. Photocopying - ~\$5 per term.

**MY BRAIN AND I - Leslie Dale (Code 6700)**

Wednesday 1:30-2:50 Venue: Room 8

This is about my (and your) brain, how it does what it does and how it affects our behaviour. The approach used is a scientific one, but inevitably changes into philosophy. Class members will be asked to contribute their knowledge and ideas. Charge for printed notes: ~\$5 - \$10.

**PHILOSOPHY SOCIAL - Dawn Heffernan (Code 7220)**

Wednesday 10:30-11:50 Venue: Room 13-14

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

**PHYSICS OF THE WORLD ABOUT US - Tony Heyes (Code 7230)**

Wednesday 3:00-4:20 Term 2 Venue: Room 14

A number of 'stand alone' Science topics, mainly Physics but including some Philosophy and Medicine. The course is designed to entertain and inform. Whereas no prior knowledge is expected, post knowledge is guaranteed!

**PSYCHOLOGY GROUP A - Heather Ambrose (Code 7720)**

Monday 12:00-1:20 Venue: Room 8

Some aspects of the theory and practice of Psychology provides the basis for discussion of issues relevant to class members. No previous study of Psychology is needed to be able to participate fully in this class. This class will be held on the 5th Monday of the month when it occurs within terms. This class will also be held on the 5th Monday of the month. Cost of photocopying: \$2 per year.

**PSYCHOLOGY GROUP B - Heather Ambrose (Code 7721)**

Wednesday 9:00-10:20 Venue: Room 8

see Group A This class will be held on the 5th Wednesday of the month when it occurs within terms. This class will also be held on the 5th Wednesday of the month. Cost of photocopying: \$2 per year.

**RELIGIONS OF THE WORLD - Jane Lithoxopoulos (Code 7850)**

Thursday 9:00-10:20 Terms 1,2 Venue: Room 8

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. Photocopying cost, etc: \$5.

**STOCKMARKET-SELF-HELP DISCUSSION GROUP - Ray Cross/John Hassed (Code 8400)**

Thursday 12:00-1:20 Venue: Room13-14

Sub-Committee Convenor: Kevin Dunn

Sub-Committee Members: John Hassed, Ray Cross, Josephine Grant, Dawn Walker

Aims: to identify and understand how internal and global events may impact on the Australian share market and to help one another better understand how the Australian share market operates. The sub-committee will coordinate the selection of topics and invite guest speakers.

Active participation of all class members will be encouraged. A small monthly contribution towards gifts for guest speakers is required.

**THE NEW CONSCIOUSNESS - Wade Dickson (Code 8800)**

Friday 12:00-1:20 Venue: Room 8

Ancient Wisdom and Modern Science tell us that a new awareness or consciousness arises through Mindfulness or Present Moment awareness. This leads to peace, joy, compassion, unity, creativity etc and physical / mental health through the mind-body connection. Inspired by the work of Eckhart Tolle.

**TRAVELLERS TALES - Joady Barnes / Margaret Pratt (Code 8810)**

Tuesday 1:30-2:50 Terms 1,2 Venue: Room 8

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.

**UNDERSTANDING FINANCIAL MARKETS - Tim Wilson (Code 8900)**

Thursday 3:00-4:20 Venue: Room 14

This course is for those interested in actively managing their investments. Classes include a weekly review of world events, hands on trading experience with free demonstration account based on currency markets (Forex), and group discussion of progress made with these accounts. It requires no money and participants are never pressured to trade with real money. No personal investment advice is provided. Prerequisites: basic computer skills and a home computer on which MS Windows software can be installed in order to practise skills. Involves some basic mathematics ~ junior high school level.

**WHAT WE EAT - Tom Heyhoe (Code 9030)**

Monday 1:30-2:50 Term 4 Venue: Room 8

A complete change of pace from 2014! We'll look at three product groups - cheeses, biscuits and tree nuts such as almonds and walnuts. We'll start out about 8000 years ago and cover origins, production and processing across the world. We'll also look at nutrient content and health benefits of these products.

**YOGA PHILOSOPHY** - Lyn Colenso (Code 9290)

Wednesday 1:30-2:50 Term 3 Venue: Room 14

An exciting discussion group for those enjoying their Yoga classes and wanting to know more of the intriguing philosophy underlying Yoga.]

**Computing**

**APPLE IPAD USERS GROUP** - Heather Close / John Kidman (Code 1045)

Wednesday 3:00-4:20 Venue: Room 8

Progressive introduction to the features of your iPad and assistance with its use. |Apple iPad Users Group - Bring to class a fully charged iPad, note pad and pen and know your Apple ID, password.

**COMPUTERS - BASICS LEVEL 1** - Kent Garland (Code 2000)

Monday 11:00-12:30 Term 1 Venue: Room 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. NB Attendance at the 1st class is required. Places in this class are limited so if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.

**COMPUTERS - BASICS LEVEL 1** - Kent Garland (Code 2000)

Monday 11:00-12:30 Term 2 Venue: Room 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. NB Attendance at the 1st class is required. Places in this class are limited so if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.

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**COMPUTERS - BASICS LEVEL 1** - Gee Lim (Code 2000)

Monday 11:00-12:30 Term 1 Venue: Room 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. NB Attendance at the 1st class is required. Places in this class are limited so if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.

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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. NB Attendance at the 1st class is required. Places in this class are limited so if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.

**COMPUTERS - BUYING & SELLING ON EBAY - Errol Lovett (Code 2010)**

Wednesday 11:00-12:30 Term 4 Venue: Room 1

A 4 week course on buying and selling using a computer. Note: Computers - Internet & Email Workshop course is a prerequisite. As places are limited, if you decide not to attend please submit a yellow Withdrawal from Class form before the course commences. Bring a USB stick to class. Attendance at the FIRST class is MANDATORY.

**COMPUTERS - EXCEL - Bernice Charity (Code 2100)**

Thursday 11:00-12:30 Term 3 Venue: Room 1

This 8 week course is intended for those who have had little or no experience with a spreadsheet program. Knowledge of basic computer skills is assumed (e.g. completion of 'Computers: Basics Level 1' or its equivalent). The course covers worksheet basics, editing and formatting, using functions, graphics and charts. NB Attendance at the 1st class is required. This is a one-term course. Bring a memory stick. As places are limited, if you decide not to attend, please submit a yellow Withdrawal from Class form before the class begins.

**COMPUTERS - FOR NOVICES - Coral Newstead (Code 2125)**

Thursday 1:00-2:30 Term 1 Venue: Room 1

A 4 week course for beginner computer users with no previous experience - teaches basic skills such as opening and shutting computer, use of keyboard and mouse. Attendance at the 1st class is required. As places in this class are limited, if you decide not to attend, please submit a yellow withdrawal from class form before the course begins.

**COMPUTERS - FOR NOVICES - Coral Newstead (Code 2125)**

Thursday 1:00-2:30 Term 2 Venue: Room 1

A 4 week course for beginner computer users with no previous experience - teaches basic skills such as opening and shutting computer, use of keyboard and mouse. Attendance at the 1st class is required. As places in this class are limited, if you decide not to attend, please submit a yellow withdrawal from class form before the course begins.

**COMPUTERS - INTERMEDIATE - Warwick Wright (Code 2200)**

Wednesday 1:00-2:30 Terms 1,2,3 Venue: Room 1

This three term course follows on from 'Computers - Basics Level 1'. For those with a home computer with WINDOWS 7, an available USB port, an Email address and ability to use Email, and access to the Internet, preferably Broadband. Topics covered include: setting up Windows, System Restore and Recovery, Mozilla Firefox, Mozilla Thunderbird and other Internet tools. NB: completion of a Computers - Basics course (or the equivalent as previously discussed with the tutor) is a prerequisite for this course.

Must have a computer at home with Email & Internet access. Bring a USB memory stick with (minimum) 8GB. Must have satisfied the prerequisites as stated in the courses brochure. Members who have not completed this course or Computers - Basics Level 1 must call tutor on 9852 3043 to discuss their qualifications. As class places are limited, if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.

**COMPUTERS - MS PUBLISHER - Barbara Hall (Code 2300)**

Thursday 3:00-4:30 Term 3 Venue: Room 1

The first week of this 8 week course is ESSENTIAL. Members need to have completed COMPUTERS - BASICS LEVEL 1 and be competent in the use of the keyboard and mouse. As the program is easy to use it will be more of a self-help than tutorial course. You will learn how to produce newsletters, flyers, greeting cards, calendars and more. A memory stick will be needed. You need to have 'Publisher' on your home computer. As places in this class are limited, if you decide not to attend, please submit a yellow withdrawal from class form before the course begins.

**COMPUTERS - MS WORD - Barbara Hall (Code 2305)**

Thursday 3:00-4:30 Term 1 Venue: Room 1

The first week of this 8 week course is ESSENTIAL. Members need to have completed COMPUTERS - BASIC LEVEL 1 and be competent in the use of the keyboard and mouse. Learn how to format simple documents, add headers and footers, borders and shading, graphics and other handy-to-know functions. A memory stick will be needed. As places in this class are limited, if you decide not to attend, please submit a yellow withdrawal from class form before the course begins.

**COMPUTERS - PHOTO-EDITING - Barry Klein (Code 2700)**

Monday 1:30-2:50 Term 1 Venue: Room 1

A 4 week course with one intake per term. It is designed to introduce the basic operations for editing digital photographs: rotate, crop, resize, adjust colour. Software supplied is suitable for Windows only. Basic computer skills are needed. Costs ~\$1. Attendance at the 1st class is required.

Photocopying & software CD ~\$1 :00. As places in this class are limited, if you decide not to attend, please submit a yellow withdrawal from class form before the course begins.

**COMPUTERS - PHOTO-EDITING - Barry Klein (Code 2700)**

Monday 1:30-2:50 Term 2 Venue: Room 1

A 4 week course with one intake per term. It is designed to introduce the basic operations for editing digital photographs: rotate, crop, resize, adjust colour. Software supplied is suitable for Windows only. Basic computer skills are needed. Costs ~\$1. Attendance at the 1st class is required.

Photocopying & software CD ~\$1 :00. As places in this class are limited, if you decide not to attend, please submit a yellow withdrawal from class form before the course begins.

**COMPUTERS - PHOTO-EDITING - Barry Klein (Code 2700)**

Monday 1:30-2:50 Term 3 Venue: Room 1

A 4 week course with one intake per term. It is designed to introduce the basic operations for editing digital photographs: rotate, crop, resize, adjust colour. Software supplied is suitable for Windows only. Basic computer skills are needed. Costs ~\$1. Attendance at the 1st class is required.

Photocopying & software CD ~\$1 :00. As places in this class are limited, if you decide not to attend, please submit a yellow withdrawal from class form before the course begins.

**COMPUTERS - PHOTO-EDITING - Barry Klein (Code 2700)**

Monday 1:30-2:50 Term 4 Venue: Room 1

A 4 week course with one intake per term. It is designed to introduce the basic operations for editing digital photographs: rotate, crop, resize, adjust colour. Software supplied is suitable for Windows only. Basic computer skills are needed. Costs ~\$1. Attendance at the 1st class is required.

Photocopying & software CD ~\$1 :00. As places in this class are limited, if you decide not to attend, please submit a yellow withdrawal from class form before the course begins.

**COMPUTERS - PHOTOSHOP ELEMENTS - William Eberbach (Code 2705)**

Wednesday 11:00-12:30 Term 1 Venue: Room 1

This 8 week course is an introduction to using Photoshop Elements to manage, fix, enhance and utilize photographic images. Basic computer skills are needed. Attendance at the first class is essential. Please bring a flash drive (memory stick) to each class. As places are limited, if you decide not to attend, please submit a yellow withdrawal from class form before the class commences. Bring a memory stick to each class.

**COMPUTERS - POWERPOINT - Bernice Charity (Code 2710)**

Thursday 1:00-2:30 Term 3 Venue: Room 1

An 8 week course. PowerPoint is a Microsoft Product. Advanced computer skills are required to participate in this class. You will choose or develop your own slide design, then add text and photos to your slides. The content can be holidays, hobby, family, etc. You will need a USB memory stick. If you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.



**IPAD WORKSHOP - Neville Johnson (Code 5606)**

Thursday 1:30-2:50 Term 1 Venue: Room 8

A self-help group for sharing information about the use of APPLE iPads (all generations & mini). The focus is on exploring together iPad use for finding information, looking at photos and videos, listening to music, sending and receiving Emails, preparing documents, chatting to others, playing games and being creative. Bring your iPad to class.

**IPAD WORKSHOP FOR BEGINNERS - Heather Close / John Kidman (Code 5608)**

Monday 3:00-4:20 Term 4 Venue: Room 8

An Apple iPad is essential. This is an introduction to its many uses, including Emails, Internet searching, maps, FaceTime, iBooks and other app purchases. Bring fully charged iPad to class, plus note pad & pen. You must know your Apple ID & Apple password.

***Creative Arts***

**ART - UNLOCK THE MYSTERIES! - Christine Lederman (Code 1050)**

Monday 3:00-4:20 Terms 1,2 Venue: Room 8

Art puzzles many people. Learn to analyse and discuss any object or painting. Learn new ways of seeing, plus the 'tricks of the trade'. You will be surprised at your ability to discuss something, even when you don't like or understand it. ~ \$5 photo copying costs. May use a scrap book.

**CALLIGRAPHY - LEVEL 1 - Hennie De Vries (Code 1650)**

Wednesday 11:00-1:00 Venue: Room 16-17

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.

**CALLIGRAPHY WITH ILLUMINATION - LEVEL 2 - Laurie Bicknell (Code 1655)**

Wednesday 11:00-1:00 Venue: Room 16-17

Calligraphy is the ART of beautiful writing. Develop skills in illumination to produce works of art. Materials: new members will be advised.

**CARD MAKING - Sue Vane-Tempest (Code 1675)**

Monday 12:00-1:20 Terms 2,3,4 Venue: Room 8

Come and join the card making course - it is great fun. Beginners welcome and no previous artistic ability needed. All you need is a pair of scissors and some glue plus lots of enthusiasm. A list of equipment required will be provided and some supplies for \$5.

**CLASSICAL GUITAR - Etienne de Lavaulx (Code 1900)**

Friday 10:30-11:50 Venue: Centenary House

This is a beginner's course with an emphasis on playing ensemble. It does not continue on from 2014. Students must contact the Tutor before the course starts to discuss their choice of instrument. Each student needs his/her own classical guitar. Bring a classical guitar to class. Please contact the tutor before commencing to discuss choice of instrument. Class held in the Craft Room.

**DIGITAL PHOTOGRAPHY - William Eberbach (Code 3540)**

Monday 1:30-2:50 Term 1 Venue: Room 8

Become familiar with your digital camera, how it works and how to get more out of it, as well as learning how to take better pictures. Bring your camera to class.

**DRAWING & PASTELS - LEVEL 1 - Sandra Dean (Code 3700)**

Monday 11:00-1:00 Venue: Room 16-17

An introduction to drawing and pastels using a range of media, including soft pastels. New members will be advised on materials.

**DRAWING & PASTELS - LEVEL 2 - Desiree Higgins (Code 3705)**

Monday 11:00-1:00 Venue: Room 16-17

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

**DRAWING, PASTELS PLUS** - Lynne Deans (Code 3710)

Friday 9:00-12:20 Venue: Room 16-18

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. Beginners must start the year at 9.00am, but past members and advanced new students can work between 9.00am and 12.20pm. Equipment required: New members to class: pencils 2B - 6B, kneadable eraser, cartridge paper - essential for 1st class; Advanced students can come with basic supplies - needs will be discussed.

**EMBROIDERY - NEEDLES & THREADS** - Lauris Ward (Code 4100)

Tuesday 11:00-1:00 Venue: Room 15

This is a self-help group suitable for beginners and advanced. Participants may work on embroidery, tapestry, etc. Bring something to embroider, cottons, etc.

**EMBROIDERY** - Desiree Higgins (Code 4120)

Tuesday 11:00-1:00 Venue: Heimat Centre

Embroidery for the beginner to the more experienced. Needles, threads and materials bought by members as needed.

**HANDCRAFTS** - Pamela Stewart (Code 5300)

Wednesday 1:00-3:00 Venue: Private Residence

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.

**MANDALAS** - Lyn Colenso (Code 6195)

Friday 10:30-11:50 Venue: Room 15

Mandala design is a fulfilling creative expression, awakening your geometric skills as well as your dormant artistic side. Enjoy colour, beauty, design balances. Bring to class 2 HB pencils, sharpener, 60cm ruler, expanding compass, protractor, rubber and coloured pencils.

**MARQUETRY - SELF-HELP** - Lindsay Roberts (Code 6210)

Tuesday 9:00-11:00 Venue: Room 15

Marquetry is the art of using wood veneers to make pictures or designs. 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.

**MUSIC LOVERS GROUP** - John Mitchell (Code 6640)

Monday 2:15-3:45 Venue: Uniting Church

Convenor: John Mitchell; Assistants: Joan Creber, Alan Clark, 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. |Music Lovers' Group - PLEASE NOTE: Classes will NOT be held on days proclaimed as CODE RED (CATASTROPHIC) FIRE DANGER RATING DAYS.

**MUSIC - PIANO FOR BEGINNERS** - Christine Lees (Code 6675)

Wednesday 2:30-3:30 Venue: Private Residence

Enjoy learning to play songs that you love without the drudgery of having to learn to read music. This course uses a new method that will have you playing from your first lesson. Keyboards are provided.

**MUSIC - PIANO LEVEL 2 GROUP A** - Christine Lees (Code 6676)

Wednesday 10:30-11:30 Venue: Private Residence

This course is offered to participants who completed Piano for Beginners in 2014 and wish to continue at a more advanced level.

**MUSIC - PIANO LEVEL 2 GROUP B** - Christine Lees (Code 6678)

see Group A.

**MUSIC - SIGHT SINGING** - Heather Ambrose (Code 6679)

Thursday 0:00-0:00 Terms 2,3,4 Venue: Memorial Hall

People who like to sing but are not confident about reading music are welcome to this class. Practice will be necessary either using a keyboard and/or singing in a choir. Class will be held on the 5th Thursday of the month when it occurs in terms. Students will be provided with a textbook and materials at a cost of \$15.

**MUSIC - SINGING FOR PLEASURE** - Beryl Nichols (Code 6680)

Friday 10:30-11:50 Venue: Uniting Church

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. Initial folio of music \$18.

**MUSIC - THE HAPPY SINGERS** - Telmay Dodd (Code 6682)

Tuesday 12:30-1:50 Terms 2,3 Venue: Uniting Church

Participants will be singing short, energetic and joyful songs from a variety of cultures and languages. No previous singing experience is necessary, just an interest and love of singing as a means of expression and relaxation. Not a choir but an informal singing group.

**MUSIC THEORY LEVEL 1** - Mavis Blake (Code 6685)

Monday 11:15-12:45 Venue: Room 15

Basic theory - do you want to join a choir? Learn to read and sing music. Have fun discovering the joys of music. The notes are there - you can find them. Text book: Master Your Theory by Dulcie Holland, Grade 1. Photocopying ~\$2 for year.

**NEEDLEWORK** - Carmen Woodward (Code 6800)

Thursday 9:30-11:30 Venue: Baptcare Templestowe Orchards Community

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.

**PAINTING - ACRYLICS SELF-HELP** - Frank O'Neill (Code 7010)

Friday 1:00-3:00 Venue: Room 16-18

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).

**PAINTING - CHINESE SELF-HELP** - Peti Leung (Code 7020)

Friday 12:00-1:20 Venue: Room 15

This is a self-help class for people who have Chinese painting experience. Purchase of materials and equipment are required. |Painting - Chinese Self-Help - bring rice paper to class.

**PAINTING WATERCOLOUR - LEVEL 2** - Jan Palmer (Code 7055)

Thursday 9:00-11:00 Venue: Room 16-17

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. Bring the art materials you already use for water colour painting. Please note: this class will commence on Thursday 12th February, 2015.

**PAINTING WATERCOLOUR SELF-HELP** - Lisbeth Wilks (Code 7060)

Monday 9:00-11:00 Venue: Room 15

This class assumes a certain level of skill. Class members work on their own projects. This is NOT a class for beginners. Bring any art material suitable for watercolour that you may have. Do not buy new material before starting the class.

**PAINTING WITH OILS SELF-HELP** - Wilmore Bajada (Code 7080)

Wednesday 1:00-2:45 Venue: Room 15

This course is for those with some experience in painting with oils. Artists provide assistance to each other. Initial costs 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.

**PATCHWORK, APPLIQUE & QUILTING FOR BEGINNERS** - Patricia Wright (Code 7090) Thursday 2:30-4:25 Venue: Heimat Centre  
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.

**POTTERY - INTRODUCTION TO HANDBUILDING** - Marjorie Beecham (Code 7500) Friday 10:00-11:00 Term 1 Venue: Mechanics Institute & Arts As  
An 8 week introductory course with participants creating an item of their own choice. Materials and firing are paid for as used (approx. cost: \$20).

**SCULPTURE - SELF-HELP** - Sandra Dean (Code 8220)  
Wednesday 9:00-11:00 Venue: Room 15  
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.

**WHIMSICAL KNITTING & CROCHET** - Susan Ferres (Code 9040)  
Monday 1:30-3:00 Term 2 Venue: Room 17  
Participate in a fun class project to wrap the trees at the front of the U3A centre with colourful knitting and crocheting (yarn bombing). Learn how to knit on 4 needles to make inside/out animals like a 'koalaroo'. Learn how to crochet a square. Make scarves and whimsical tea cosies. Materials fee \$25 includes all wools, needles and patterns. Materials fee: \$25, includes all wools, needles and patterns.

**WOOD CARVING - SELF-HELP** - Desiree Higgins (Code 9050)  
Monday 9:00-11:00 Venue: Room 17  
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.

**WOOLCRAFT** - Marie Klein (Code 9080)  
Monday 1:30-2:50 Venue: Room 15  
This is a class in knitting and crotch to suit all ability levels, from beginners to advanced. |

### ***Games & Hobbies***

**BRIDGE - BEGINNERS** - Nena Reid (Code 1500)  
Tuesday 9:00-11:00 Venue: Room 16-17  
Learn the basics of Bridge. You need to have some card games experience such as Solo or Five Hundred. No new players will be accepted after 17 February. Class held every Tuesday terms 1 & 2 then 1st & 3rd Tuesdays in terms 3 & 4.

**BRIDGE - DUPLICATE GROUP A** - Ross Henderson (Code 1520)  
Tuesday 1:30-4:20 Venue: Room 16-18  
This group is for people who know how to play bridge. See also Groups B & C.

**BRIDGE - DUPLICATE GROUP B** - John Driver (Code 1522)  
Thursday 1:30-4:20 Venue: Room 16-18  
Both groups cater 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.

**BRIDGE - DUPLICATE GROUP C** - John Ingrassia (Code 1525)  
Wednesday 1:30-4:20 Venue: Room 17-18  
This course is for people who know how to play Bridge.

**BRIDGE - HAND EVALUATION** - Errol Lovett (Code 1527)  
Monday 1:30-2:50 Term 3 Venue: Room 8  
Play of cards studies for intermediate and advanced players. We will evaluate and discuss published 'hands of the week' taken from various sources. The aim is to develop strategies and planning for better play. This course can be attended in addition to another Bridge Course.

**BRIDGE PRACTICE/SOCIAL GROUP A** - Tess Gibbs / Arthur Michie (Code 1530) Tuesday 9:00-11:00 Venue: Room 16-17

For players with a basic knowledge of bridge, wishing to gain experience in a friendly and social atmosphere with some guidance offered where required. This class is not available to those enrolled in another Bridge Group.

**BRIDGE PRACTICE/SOCIAL GROUP B** - Tess Gibbs / Arthur Michie (Code 1532) Tuesday 11:00-1:00 Venue: Room 17

see Group A. In terms 3 & 4 this course will be held weekly. For this group - preference will be given to those not enrolled in another Bridge group.

**CARD GAMES** - Lynne Fitzsimons (Code 1673)

Friday 1:00-3:00 Venue: Baptcare Templestowe Orchards Community

Come and play cards for fun, mental stimulation and social interaction - Bolivia five hundred, etc.

**MAHJONG - WESTERN - SELF-HELP** - Carol Henderson (Code 6190)

Monday 10:45-12:15 Venue: Roseville Retirement Village

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.

**RUMMIKUB** - Beth Coote (Code 7940)

Thursday 3:15-4:20 Terms 3,4 Venue: Room 15

The game of Rummikub is a lateral thinking game and a 'fast-paced game of tile manipulation that challenges each player's wit against the others. It is easy to learn and a challenge to master'. (Source: Rummikub).

**SCRABBLE** - Bev Dittmann (Code 8200)

Thursday 1:05-3:05 Venue: Room 15

Scrabble is a mentally stimulating game, suitable for all ages. Previous playing experience beneficial. Not suitable for beginners. |

**SNOOKER** - Paul Matison (Code 8295)

Wednesday 10:00-12:00 Terms 1,2,3 Venue: Baptcare Templestowe Orchards Community

Have fun and enjoy a game of snooker. Beginners and experienced players welcome.

**SOLO - SELF-HELP** - Dianne Brettargh (Code 8300)

Wednesday 1:00-4:00 Venue: Applewood Retirement Village

Both original version and Auction Solo are played. Knowledge of the game is required. |

### **Health & Fitness**

**BADMINTON** - Kay Newcombe (Code 1200)

Monday 10:30-11:50 Venue: Leisure Centre Stadium

This badminton group is ONLY for experienced players who enjoy playing socially in a relaxed environment indoors. Participants provide their own racquets. There is a small charge to cover the cost of shuttlecocks. Bring your own badminton racquet. Wear runners. A nominal sum is collected to pay for shuttlecocks: ~\$5-\$10 for the year.

**BADMINTON FOR FUN** - Colin Cherry (Code 1210)

Wednesday 1:00-3:00 Venue: Leisure Centre Stadium

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. There is a small charge for shuttlecocks.

**BALLROOM DANCING - ADVANCED** - Patrick Khaw / Julie Ong (Code 1250)

Wednesday 1:00-2:30 Venue: Function Rm

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.



**BALLROOM DANCING - BEGINNERS** - Ethel Fredericks (Code 1251)

Wednesday 12:00-1:00 Venue: Function Rm

This course teaches dances useful for a dinner dance occasion. It is also a good foundation for the Intermediate class. Wear comfortable shoes - NOT sneakers!

**BALLROOM DANCING - INTERMEDIATE** - Noel Wright / Julie Ong (Code 1252) Wednesday 2:30-3:30 Venue: Function Rm

To do this class, you need to have done at least one year in Beginners Ballroom class. Dancing is a fantastic way to keep physically fit and mentally active. This is a stepping stone to the Advanced Ballroom class. NB Only ONE Dancing class per member. Wear comfortable shoes for dancing, NOT rubber, ripple-soled shoes or sneakers.

**GOLF FOR ALL** - Carol Leeson (Code 5145)

Tuesday 0:00-0:00 Venue: Freeway Golf Course

Members must have their own equipment and have some experience playing golf. Nine holes of golf on a weekly basis. Green fees apply. Terms 1 & 4 - meet for 8:15 am start. Terms 2 & 3 10:15 am start. Bring your own equipment. Green fees apply.

**GOLF FOR FUN** - Douglas Brewer (Code 5150)

Wednesday 0:00-0:00 Venue: Freeway Golf Course

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. Meet on 10th tee for 7am hit off. Bring own clubs.

**GREEK DANCING** - Douglas Ray / Irene Michaelides (Code 5210)

Thursday 11:30-1:10 Venue: Room 16-18

Learn some Greek dancing along with some history and culture associated with the dancing. Good exercise guaranteed! Beginners: arrive at 11:30, others: 11:45.

**LAWN BOWLS FOR BEGINNERS** - Barry Wilkins / Ronald Gibbs (Code 6050)

Thursday 1:30-4:30 Venue: Bowls Club

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.

**LAWN BOWLS TEMPLESTOWE** - Bev Dittmann (Code 6055)

Wednesday 10:30-11:45 Terms 1,4 Venue: Bowling Club

Fun in the sun learning Lawn Bowls. Friendly helpers and bowls supplied. Wear flat-soled shoes & a broad-brimmed hat. Meet in the Club carpark.

**LINE DANCING - BEGINNERS** - Julie Ong (Code 6145)

Friday 2:00-3:30 Venue: Function Rm

For Beginners Only. Learn some easy and fun Line Dances. Follow the instructor as she teaches each dance step. Wear comfortable FLAT shoes.

**LINE DANCING - INTERMEDIATE** - Julie Chau (Code 6147)

Wednesday 3:30-4:20 Venue: Function Rm

You must have at least one year's experience in the Beginners class before you can join this class. PLEASE NOTE: Only ONE Line Dancing class per member. Wear comfortable, flat shoes.

**PETANQUE - FRENCH BOWLS** - Donald Gay (Code 7100)

Monday 9:00-12:00 Venue: Donvale Indoor Sports Centre

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.

**ROCK & ROLL, SWING & SALSA - ADVANCED** - Edwin Goodieson (Code 7895)

Monday 2:00-3:00 Venue: Function Rm

This is a busy activity for dancers who are able to practise their new skills on a regular basis. Students should have a Competency Certificate at Intermediate Level from the tutor or satisfy the tutor that they have the necessary skills and aptitude for this course.

**ROCK & ROLL, SWING & SALSA - BEGINNERS** - Jino (Jee Ngo) Chua (Code 7900)

Monday 12:00-1:00 Venue: Function Rm

Basic routines in these styles of dance are taught. No previous experience is required. Throughout the year the dance styles will be taught on a rotational basis, each running for 4 weeks. Wear casual clothes & flat, non-gripping soled shoes.

**ROCK & ROLL, SWING & SALSA - INTERMEDIATE** - Edwin Goodieson (Code 7905) Monday 1:00-2:00 Venue: Function Rm

To enrol in the Intermediate class, participants must be proficient in basic dance skills. The tutor will ascertain the proficiency of participants at the beginning of each term. Throughout the year the dance styles will be taught on a rotational basis, each running for 4 weeks. Wear casual clothes & flat, non-gripping soled shoes.

**STRENGTH TRAINING - LEVEL 1** - Margaret Dawdy/Telmay Dodd (Code 8500) Monday, Thursday 10:30-11:50 Term 1 Venue: Scout Hall Ted Ajani Centre

This program is based on Miriam Nelson's 'Strong Women (People) Stay Young'. Prior to enrolling in any 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. Bring a mat for floor exercises & small cushion (optional); water; wear comfortable clothes & training shoes. At completion of this course you will have a place in a Level 2 course. NB this class is offered to those on the waiting list for term 1 - if you no longer wish to join this class please put in a yellow withdrawal form before the class commences.

**STRENGTH TRAINING - LEVEL 1** - Margaret Dawdy/Telmay Dodd (Code 8500) Monday, Thursday 10:30-11:50 Term 2 Venue: Scout Hall Ted Ajani Centre

See above – Strength Training Level 1 – Term 1

**STRENGTH TRAINING - LEVEL 2 GROUP A** - Josephine McDermott (Code 8505)

Monday, Thursday 9:00-10:20 Venue: Function Rm

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

**STRENGTH TRAINING - LEVEL 2 GROUP B** - Tony Ellul (Code 8510)

Monday, Thursday 10:30-11:50 Venue: Function Rm

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

**STRENGTH TRAINING - LEVEL 2 GROUP C** - Moira Axtens (Code 8515)

Tuesday, Friday 9:00-10:20 Venue: Room13-14

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

**STRENGTH TRAINING - LEVEL 2 GROUP D** - Moira Axtens (Code 8520)

Tuesday, Friday 10:30-11:50 Venue: Room13-14

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

**STRENGTH TRAINING - LEVEL 2 GROUP E** - Margaret Dawdy (Code 8525)

Monday, Thursday 8:50-10:10 Venue: Scout Hall Ted Ajani Centre

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

**STRENGTH TRAINING - LEVEL 2 GROUP F** - Telmay Dodd (Code 8530)

Monday, Thursday 10:30-11:50 Venue: Scout Hall Ted Ajani Centre

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



**TABLE TENNIS - Erwin Kolbeck (Code 8600)**

Thursday 11:00-1:00 Venue: Donvale Indoor Sports Centre

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.

**TABLE TENNIS SPIN & SMASH - Kenneth Kwei (Code 8605)**

Thursday 10:00-11:00 Venue: Donvale Indoor Sports Centre

These Table Tennis sessions are for people looking to improve skill through practice and singles matches. Wear suitable shoes.

**TAI CHI CH'UAN - ADVANCED - William Mak (Code 8650)**

Wednesday 9:00-12:00 Venue: Function Rm

A simple step-by-step, form-by-form progression to the 24 forms of simplified Tai Chi Ch'uan. It includes some warm-up exercises and Tai Chi Fan and Tai Chi Sword. No high heels. Rubber or synthetic soled shoes only.

**TAI CHI CH'UAN - BEGINNERS - William Mak (Code 8652)**

Wednesday 9:00-12:00 Venue: Function Rm

see above - no high heels. Rubber or synthetic soled shoes only.

**TAI CHI LEVEL 1 - Angelina Chung (Code 8655)**

Tuesday 9:30-10:30 Venue: Basketball Stadium Activity Room

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.

**TAI CHI LEVEL 2 - Angelina Chung (Code 8660)**

Tuesday 10:30-11:30 Venue: Basketball Stadium Activity Room

Yang Style Tai Chi 24 form, progressing to learning Yang Style Tai Chi Fan 18 form. This course is not suitable for beginners.

**TENNIS MONDAY - Valerie Lierse (Code 8750)**

Monday 8:30-11:00 Venue: Tennis Club

Participants MUST have played tennis previously. Shoes and racquet are necessary, plus \$9 per year per person for tennis balls. There is NO COACHING. Tennis shoes, tennis clothing and racquet are required. \$9 per year for tennis balls.

**TENNIS - FRIDAY - Valerie Lierse (Code 8752)**

Friday 9:00-11:30 Venue: Tennis Club

see Tennis - Monday (8750).

**WALKING FOR EXERCISE - WEDNESDAY - Bruce Ford (Code 9003)**

Wednesday 9:00-12:00 Venue: Ruffey Lake Park

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.

**WALKING FOR EXERCISE FRIDAY - Douglas Brewer (Code 9005)**

Friday 8:50-12:00 Venue: Various Locations

Easy walking, approximately 1 hour. BYO morning tea. Meet at 8:50am at parks listed on walk sheets. See walk sheets for venues. 1st walk: Banksia Park, melway: 32E5; meet near covered tables. Walks will not be held on declared TOTAL FIRE BAN days.

**WALKING FOR FITNESS - Barry Cormack (Code 9010)**

Thursday 9:00-12:00 Venue: Various Locations

One hour walks in and around Manningham and nearby parks and reserves. To enjoy these walks, participants should be reasonably fit and injury free. The schedule for each term will be on the U3A notice board. See schedule on U3A notice board for venues. 1st walk: Walks will not be held on declared TOTAL FIRE BAN days.

**WALKING FOR HEALTH & PLEASURE** - Audrey Killey / Patricia Renfree (Code 9015) Friday 9:00-12:00 Venue: Various Locations

Enjoy the beauty of Melbourne's parks, gardens and trails and improve your health at the same time. An added bonus is meeting people of similar age and interests and having a 'cuppa' with them afterwards. Walks generally take between one - two hours. The schedule for each term will be on the U3A notice board. See walk sheet for venues. 1st walk: Westerfolds Park, Porter St. Entrance, 2nd car park. NB: Walks will not be held on TOTAL FIRE BAN days.

**YOGA - CLASSICAL GROUP A** - Barbara Byrne (Code 9220)

Wednesday 12:00-1:20 Venue: Room 14

Enhance your wellbeing with Hatha Yoga, gently stretching and toning the muscles, keeping the spine and joints flexible, and improving circulation. Includes breathing techniques, meditation and relaxation. Wear comfortable clothing & bring a yoga mat & rug. Please note: ONLY ONE Yoga class per member.

**YOGA - CLASSICAL GROUP B** - Nalini Singam (Code 9224)

Monday 11:00-12:20 Venue: Ted Ajani Community Centre

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. Please note: ONLY ONE Yoga class per member.

**YOGA FOR HEALTH** - Saroja Swami (Code 9250)

Friday 3:00-4:20 Venue: Room13-14

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. Bring a yoga mat. Please note: ONLY ONE Yoga class per member.

**YOGA HATHA GROUP A** - Lesley Catt (Code 9260)

Monday 1:30-2:50 Venue: Room 14

Yoga provides a comprehensive system of exercise that strengthens, tones and aligns, improving the health of the entire body. It also develops mental calmness. Bring a yoga mat & light rug. Please note: ONLY ONE Yoga class per member.

**YOGA HATHA GROUP B** - Lesley Catt (Code 9265)

Monday 3:00-4:20 Venue: Room 14

See Group A. Bring a yoga mat & light rug. Please note: ONLY ONE Yoga class per member.

**YOGA HATHA INTEGRAL** - Gloria Matison (Code 9275)

Tuesday 3:00-4:20 Venue: Room 14

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, bring a light rug, yoga mat & small flat cushion. NB: ONLY ONE YOGA CLASS per member.

**YOGA INTEGRAL** - Gloria Matison (Code 9280)

Wednesday 4:00-5:20 Venue: Baptcare Templestowe Orchards Community

see Yoga Hatha Integral. NB ONLY ONE YOGA CLASS PER MEMBER. Wear comfortable clothing, bring a light rug, yoga mat & small flat cushion. NB: ONLY ONE YOGA CLASS per member.

**ZUMBA GOLD** - Tony Ellul (Code 9700)

Thursday 1:15-2:15 Terms 2,4 Venue: Function Rm

Zumba Gold is a Latin inspired workout tailored to the needs of elders. Just like Zumba, it incorporates dance/fitness routines to Latin and international rhythms, but is performed at a lower intensity. |

## **Languages**

### **CHINESE - ADVANCED** - Linda Chin (Code 1800)

Tuesday 12:00-1:20 Venue: Room 8

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. An ability to read and write Chinese characters is required.

### **CHINESE - MANDARIN LEVEL 1** - Wei Xing Huang (Code 1810)

Friday 3:00-4:20 Venue: Room 15

This is a class for beginners.

### **CHINESE - MANDARIN LEVEL 2 GROUP A** - Wei Xing Huang (Code 1815)

Thursday 10:30-11:50 Venue: Room 8

Participants MUST be able to use 'pinyin' in this class. A continuation from level 1.

### **CHINESE - MANDARIN LEVEL 2 GROUP B** - Yanwen Huang (Code 1818)

Monday 9:00-10:20 Venue: Room 8

see Group A

### **FRENCH - BEGINNERS** - Monique Plantier (Code 4485)

Tuesday 9:30-11:00 Venue: Community House

For beginners only.

### **FRENCH CONVERSATION LEVEL 2** - Emmeline Oakley (Code 4490)

Friday 1:30-2:50 Venue: Room 15

Principal Objective: for students to be able to make themselves understood in writing and speaking French in French-speaking countries. This course is not suitable for beginners. Text book: French Conversation, Eliane Kurbegov.

### **FRENCH CONVERSATION LEVEL 3 GROUP A** - Geoff Sheldon (Code 4495)

Wednesday 3:00-4:20 Venue: Room 16

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.

### **FRENCH CONVERSATION LEVEL 3 GROUP B** - Odile Amparis (Code 4496)

Wednesday 9:00-10:20 Venue: Room 17

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.

### **FRENCH CONVERSATION LEVEL 4** - Monique Plantier (Code 4500)

Monday 1:30-2:50 Venue: Centenary House

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

### **FRENCH SELF-HELP LEVEL 2 GROUP A** - Helen Anderson (Code 4504)

Thursday 10:30-11:50 Venue: Room 15

This class includes some grammar, reading and conversation. French history, culture, geography, arts etc. are discussed in a co-operative learning environment with everyone invited to share their knowledge. Textbook: Read and Think French, McGraw Hill 2010.

### **FRENCH SELF-HELP LEVEL 2 GROUP B** - Helen Anderson (Code 4505)

Friday 9:00-10:20 Venue: Room 15

As for Group A

### **GERMAN** - Trudy Ward (Code 5110)

Wednesday 1:30-2:50 Venue: Room 16

In this German class you can further develop your skills of reading, writing and speaking German. We learn about the country, revise important grammar, sing songs, read short stories and generally have fun. Some knowledge of German required.

**GERMAN ADVANCED** - Jutta-Inge Szwed (Code 5112)

Monday 9:00-10:20 Venue: Room 14

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. Small charge for photocopying.

**GERMAN BEGINNERS LEVEL 2** - Jutta-Inge Szwed (Code 5114)

Monday 12:00-1:20 Venue: Room 18

This is an advanced beginners course that provides an introduction to the language and culture. Keen beginners are welcome, however most students have completed 48 hours of study. A textbook will be required and a small contribution for photocopying.

**GERMAN INTERMEDIATE** - Jutta-Inge Szwed (Code 5115)

Monday 10:30-11:50 Venue: Room 18

This course is suitable for those with a 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.

**GERMAN KAFFEEKLATSCH** - Jutta-Inge Szwed (Code 5120)

Monday 9:00-10:15 Venue: Various Locations

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 Shopping Centre.

**GREEK - LEVEL 1** - Lula Black (Code 5200)

Thursday 9:00-10:00 Venue: Room 8

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: Greek Language and People, new edition.

**GREEK CONVERSATION** - Lula Black (Code 5205)

Thursday 10:10-11:20 Venue: Room 8

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.

**ITALIAN BEGINNERS** - Lucia Di Fiore (Code 5610)

Monday 3:00-4:20 Venue: Room 15

This class is for those with no previous experience in learning Italian. It will focus on the basics of the language, including grammar, pronunciation and homework. Text book: Italian for Beginners, Usborne Language Guides.

**ITALIAN CONVERSATION BASIC** - Paola Flammini (Code 5615)

Friday 3:00-4:20 Venue: Room 18

This course is for students who have been previously at least one year in beginners class. We will listen to Italian tapes, some homework, reading and conversational approach. Text book to be advised.

**ITALIAN CONVERSATION INTERMEDIATE** - Paola Flammini (Code 5617) Monday 1:30-2:50

Venue: Room 16

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. Text: La Bottega dell'Italiano, Rosanna Verri-Menzel. Bonacci Editore ISBN 88-7573-205-1

**ITALIAN LEVEL 2** - Neville Heffernan (Code 5620)

Wednesday 12:00-1:20 Venue: Room 18

Not suitable for beginners. Oral/Aural approach plus reading and grammar. Texts: 1) A Progressive Italian Grammar - Komadina & Orifici - Campian Press or Continental Book 2) Buongiorno Italia - BBC 2005 edition. Buy online from: [www.bookdepository.com](http://www.bookdepository.com) (for a reasonable price).

**ITALIAN LEVEL 3 - Raffaella Dinelli (Code 5625)**

Wednesday 10:30-11:50 Venue: Room 18

At least 2 years of previous Italian is required. Text books for Level 2 will be referred to but new students need not buy them. Text book for 2014: to be advised. NB: enrol in either Level 2 OR level 3 - Not Both.

**ITALIAN SELF-HELP - Liliana Orsini (Code 5640)**

Monday 1:30-2:50 Venue: Room 18

This class, for people with 2 years or more of Italian, is designed to go beyond classroom Italian. We read magazines, newspapers, modern novels, listen to Italian tapes, have conversations in Italian and deal with grammar. We challenge ourselves, do homework and have fun!

**LATIN - ADVANCED - Helen Kearton (Code 6030)**

Tuesday 1:30-2:50 Venue: Room 15

Study of classical Latin writers and poets. A solid knowledge of basic Latin grammar is required in order to practise English into Latin, as well as Latin to English translating. Text book - to be advised.

**SPANISH LEVEL 1 - Arta Xenophontos (Code 8320)**

Monday 10:30-11:50 Venue: Room 8

This is a class for beginners with no knowledge of the language, and also for members who have been previously at least one year in a beginners class. An Oxford School Spanish dictionary is needed.

**English – Written & Spoken**

**BOOK DISCUSSION GROUP - Judith Dall'Oste (Code 1450)**

Wednesday 1:00-2:20 Venue: Greenvale Retirement Village

Books are selected by the group and provided by the Council of Adult Education (CAE) at an additional cost. In 2015 CAE costs are \$89.05 (concession), \$123.30 (seniors), \$137 (full). Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation. New members: contact Judy Dall'Oste on 9842 4970 to receive the title of the book for the first meeting in February. 2015 CAE fees are: \$89.05 (concession), \$123.30 (seniors) & \$137 (full).

**BOOK GROUP - Elizabeth Ross (Code 1455)**

Tuesday 1:30-2:50 Venue: Room 8

Through the power of the written word, we can 'visit' other times and places and share in other people's experiences. Join a group of like-minded people to read and talk about books that may change the way we see the world. The first book for 2015 will be 'Burial Rites' by Hannah Kent. It would be helpful if you read the book before the first class.

**Special Projects**

**TUTOR TRAINING FOR MIGRANT ENGLISH - Joan Creber (Code 8840)**

Thursday 1:30-4:20 Term 3 Venue: Room 8

This 6 week course is a program to train tutors to teach simple conversational English to migrants on a one to one basis.

**ENGLISH (ESL) - BASIC WRITING - Lynne Lloyd (Code 4195)**

Monday 3:00-4:20 Venue: Room 16

For speakers of English as a Second Language who have a basic literacy in English. Aims include improving spelling, grammar and sentence construction, as well as writing in different forms for different purposes. Outcomes, according to individual needs, may include writing formal.

[Back to 2015](#)

## **Manningham U3A Courses 2016**

### **General Studies**

#### **A Philosophy for Living and Beyond**

We revisit ancient wisdom in the light of modern science including psychology, quantum physics, neuroscience, cosmology and mindbody medicine to help us become more aware of ourselves and our place in our evolving universe leading to a more peaceful, joyful, loving, compassionate and healthy life.

Wade Dickson Fri 12:00pm-1:20pm weekly Venue: R13 Terms: 1,2,3,4 (Code 1035-01)

#### **All About Food**

This year covers the diets of North, Central and South America from the earliest human occupation to the present. Plus 'eating for health' and the latest nutrient research results. Special topics include the Paleo Diet, the new Health Star rating system and 'vegetable' gums in food.

Tom Heyhoe Mon 1:30pm-2:50pm weekly Venue: R13 Terms: 4 (Code 1020-01)

#### **Ancient Egyptian History**

This course will take us from the pyramids to the golden treasures of Tutankhamun to Cleopatra and the end of the pharaonic Egypt. Pyramids; mummies; mystery and mayhem - ancient Egypt had it all. Discover the marvels of this ancient, vibrant and fascinating civilization. This course is in two parts - Part 1 in 2016. Part 2 will be offered in 2017.

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

#### **Astronomy & Cosmology**

How does it all fit together? WELCOME to OPTIMISTIC BIG HISTORY: Big Bang to Big Brain: our awesome cosmic pedigree. Be wowed 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 history, climate, sustainability limits. Great visuals, updated notes. Enjoy!

Astronomy & Cosmology - Detailed course notes available (\$8) - optional.

John O'Connor Wed 1:30pm-2:50pm weekly Venue: R14 Terms: 1,2,4 (Code 1055-01)

#### **Awaken Your Inner Self Through Meditation**

This meditation course seeks to investigate questions pertaining to life and identity by stopping, observing and steering us towards a positive attitude, harnessing the power of mind. This is a workshop and discussion group to help understand self and willpower.

Kirtida Baxi Tue 3:00pm-4:20pm weekly Venue: PR Terms: 1,2 (Code 1070-01)

#### **Basic Medical Microbiology**

This course will introduce common medical terminology and provide some understanding of microbiology pathology reports. It looks at classes of organisms, with emphasis on common pathogenic bacteria. The role of the latter in clinical conditions is discussed.

Moy Lim Wed 3:00pm-4:20pm weekly Venue: R14 Terms: 1 (Code 1290-01)

#### **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 Feb. 24th Banyule Flats, Melway ref. 32F2. Meet at the car park 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)

#### **Culture, Theory & Practice**

How do we live? What can we know? This course is a selection of ways in which our Western culture has historically answered these questions. It follows the Humanist tradition which understands that human beings are responsible for their world. Participants will be required to be open-minded and tolerant of a variety of ideas and opinions. Some pre-reading may be required.

Joan Sheridan Tue 3:00pm-4:15pm weekly Venue: R13 Terms: 1,2,3,4 (Code 3400-01)



### **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: R13 Terms: 1,2,3,4 (Code 3490-01)

### **Current Affairs - Group A**

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.

David Jensz Tue 12:00pm-1:20pm weekly Venue: R14 Terms: 1,2,3,4 (Code 3495-01)

### **Current Affairs - Group B**

Refer to group A description

NB ONLY ONE Current Affairs Group A, B or C per member.

David Jensz Tue 1:30pm-2:50pm weekly Venue: R14 Terms: 1,2,3,4 (Code 3500-01)

### **Current Affairs - Group C**

Refer to group A description

NB ONLY ONE Current Affairs Group A, B or C per member.

David Jensz Fri 12:00pm-1:20pm weekly Venue: R14 Terms: 1,2,3,4 (Code 3505-01)

### **Developing Awareness**

Discussion and practice in developing awareness and investigating the truth of oneself.

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

### **Dining Out with Friends**

We choose restaurants in Manningham with varied menus and reasonable prices. Add your name to the list on U3A notice board. CONDITIONS APPLY: Restaurants require definite number of diners by the Monday prior to the dinner. Inadequate notice of cancellation may result in liability to pay for the meal. WHEN NUMBERS are limited, Dining Out (enrolled) members will be given preference.

Hazel Ferguson Wed 7:00pm-10:30pm wk3 Venue: VAR Terms: 1,2,3,4 (Code 3600-01)

### **Film Appreciation**

Watch and discuss films projected from video or DVD. The selection of films is based on themes such as actor, genre, director or subject.

Warwick Pole Wed 1:30pm-4:00pm wk2,4 Venue: ARV Terms: 1,2,3,4 (Code 4350-01)

### **Financial Health in Retirement**

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

John Hassed Thu 12:00pm-1:20pm weekly Venue: R13,14 Terms: 1,2,3,4 (Code 4360-01)

### **Genealogy - Family History - Level 1**

Are you interested in discovering your roots and family secrets? You will receive support while you investigate your family tree, with an aim to integration into the self-help group. No further intake after term 1.

Jane Tindale Mon 10:30am-1 1:50am wk1,3 Venue: R13 Terms: 1,2,3,4 (Code 5 100-01)

### **Genealogy - Family History - Level 2**

This is a self-help group for those who know the basics but need the incentive to keep going with their family history. Aimed at members who are capable of working on their own.

Valerie Bell Mon 12:00pm-1:20pm wk1,3 Venue: R13 Terms: 1,2,3,4 (Code 5 105-01)

### **Good Health - Good Medicine**

This class will cover general health issues, medicines, natural medicines, medical terminology, etc, with time for questions and discussion.

Class will be held on 5th Monday of the month when it occurs during terms.

David Duerden Mon 10:30am-11:50am wk2,4

Venue: R13 Terms: 1,2,3,4 (Code 5 190-01)



### **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)

### **Healthy Aging**

Aging should not be an inevitable decline into frailty of body and mind. This course explores what we can do to take better care of ourselves and help the process of getting older to be a more positive and enjoyable experience.

Taffy Jones Thu 1 30pm-2:50pm weekly Venue: R13 Terms: 2 (Code 5430-01)

### **History - Australian**

NEW COMPOSITIONS: Alternative Explorer; The Convict System; Lachlan The 'Good'; Ned Kelly; Early Years in Port Phillip; Eureka; Brotherhood of the Bush; Workingman's Paradise; Australians on Western Front; Australian Foreign Policy. Class will be held on the 5th Tuesday of the month when it occurs during terms. Photocopying: \$3.

Des Thornton Tue 11:15am-12:45pm wk1,3 Venue: R16,17,18 Terms: 1,2 (Code 55 10-01)

### **History - Life Changing Events**

A blend of information and discussion about independent topics: How the weather has shaped history; Innovations that have changed our world; Momentous decisions; Traces of past civilizations; Medical discoveries and inventions; Forensic science.

Andrew Leopold Thu 1 :30pm-2:50pm weekly Venue: R14 Terms: 1,2,3,4 (Code 5525-01)

### **History - Local Aboriginal**

Students will examine aboriginal thought systems which guided their social structure and land management practices. This will then enable the examination of local aboriginal history and the significant events and personalities of the Colonial period.

Jim Poulter Mon 3:00pm-4:20pm weekly Venue: R17,18 Terms: 1,2 (Code 5530-01)

### **History - Men and Women of Science**

This course will look at the achievements of the amazing men and women of science - their lives and what led to their discovery or invention. Lectures supplemented by pictures, videos, demonstration and practical activities. Participants will be encouraged to discuss the significance of the inventions / discoveries.

Michael Westbrook Thu 3:00pm-4:20pm weekly Venue: R13 Terms: 1,2 (Code 5535-01)

### **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.

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

### **Investing**

The course teaches how to achieve the best results from investing. It covers most asset types, shares, property, etc. Includes many investment methods, market characteristics, economics, current events. Focuses on improving knowledge and skills. Beginners to Advanced.

Peter Cook Thu 3:00pm-4:20pm wk2,4 Venue: R14 Terms: 1,2,3,4 (Code 5607-01)

### **Languages of the World**

A look at the spread of language(s) across the world and at the present language groupings of the world. Topics will include language types, linguistic change, sound systems and writing systems. The (Indo-) European languages will be of central interest.

Paul Cubberley Tue 1 :30pm-2:50pm weekly Venue: R13 Terms: 3 (Code 6000-01)

### **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.

Josephine Grant Tue 11:15am-12:45pm wk2,4 Venue: R16 Terms: 1,2,3,4 (Code 6140-01)

### **Look Good, Feel Good**

This one term course explores aspects of skin aging, nutrition, protection, facial exercising, skin health and simple maintenance routines. Skin care products will be discussed and examined for their anti-aging claims and efficacy. Finally, the basic principles of make-up artistry, tools, tips and tricks, selection and use of colour and how to achieve a subtle and flattering make-up result will be taught through demonstration and individual practice.

Colleen van Hemert Tue 1:30pm-2:50pm weekly Venue: R13 Terms: 4 (Code 6160-01)

### **Mathematics**

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

Myrna Manton Mon 9:00am-10:20am weekly Venue: R8 Terms: 1,2,3,4 (Code 6220-01)

### **Monthly Talks**

Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board. \$2 entry to cover expenses and cuppa. Open to the public so visitors are welcome.

Coral Vercoe Wed 3:00pm-4:20pm wk3 Venue: R13 Terms: 1,2,3,4 (Code 6500-01)

### **Morality and The Humanities**

Using philosophy, psychology and sociology to lead a good life. Exploring such questions as: Can we really be honest? Is tact a form of dishonesty? What use are the social norms? In short, the use of critical reasoning will be paramount. Photocopying: ~\$5 per term.

Ian Bissett Thu 9:00am-10:20am weekly Venue: R14 Terms: 1,2,3,4 (Code 6520-01)

### **My Brain and I**

This is about my (and your) brain, how it does what it does and how it affects our behaviour. The approach used is a scientific one, but inevitably changes into philosophy. Class members will be asked to contribute their knowledge and ideas. Charge for printed notes: ~\$5 - \$10.

Leslie Dale Wed 1:30pm-2:50pm weekly Venue: R13 Terms: 1,2,3,4 (Code 6700-01)

### **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)

### **Physics Of The World About Us**

A number of 'stand-alone' Science topics, mainly Physics but including some Philosophy and Medicine. The course is designed to entertain and inform. Whereas no prior knowledge is expected, post knowledge is guaranteed!

Tony Heyes Wed 3:00pm-4:20pm weekly Venue: R14 Terms: 2 (Code 7230-01)

### **Psychology Group A**

Some aspects of the theory and practice of Psychology provides the basis for discussion of issues relevant to class members. No previous study of Psychology is needed to be able to participate fully in this class. This class will be held on the 5th Monday of the month when it occurs within terms.

Cost of photocopying: \$2 per year.

Heather Ambrose Mon 12:00pm-1:20pm wk2,4 Venue: R13 Terms: 1,2,3,4 (Code 7720-01)

### **Psychology Group B**

Some aspects of the theory and practice of Psychology provides the basis for discussion of issues relevant to class members. No previous study of Psychology is needed to be able to participate fully in this class. This class will be held on the 5th Wednesday of the month when it occurs within terms.

Cost of photocopying: \$2 per year.

Heather Ambrose Wed 9:00am-10:20am wk2,4 Venue: R13 Terms: 1,2,3,4 (Code 7721-01)

### **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)

### **Self Publishing Today**

Advances in print and distribution technologies reduce the author's reliance on publishers. The course uses the tutor's own modest publishing success as a case study in how to publish your own book.

Mark Reid Mon 1:30pm-2:50pm weekly Venue: R13 Terms: 3 (Code 8230-01)

### **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 Tue 1:30pm-2:50pm wk1,3 Venue: R13 Terms: 1,2 (Code 8810-01)

## **Computers**

### **Android User Group**

Self-help group to improve Android skills. This course assists members to use devices using Android operating system. It will cover features of tablets and 'non-phone' features of phones. Bring your own fully charged device to the sessions.

Barry Klein Wed 3:00pm-4:30pm wk1 Venue: R13 Terms: 1,2,3,4 (Code 9702-01)

### **Apple iPad Users Group**

Progressive introduction to the features of your iPad and assistance with its use.

Bring to class a fully charged iPad, note pad and pen and know your Apple ID, password.

John Kidman Wed 3:00pm-4:20pm wk2 Venue: R13 Terms: 1,2,3,4 (Code 1045-01)

### **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. NB Attendance at the 1st class is required.

Places in this class are limited so if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.

Ruth Foxwell Mon 11:00am-12:30pm weekly Venue: R1 Terms: 1 (Code 2000-01)

Ruth Foxwell Mon 11:00am-12:30pm weekly Venue: R1 Terms: 4 (Code 2000-04)

### **Computers - Excel**

This 5 week course is intended for those who have had little or no experience with a spreadsheet program. Knowledge of basic computer skills is assumed (e. g. completion of 'Computers: Basics Level 1' or its equivalent). The course covers worksheet basics, editing and formatting, using functions, graphics and charts. NB Attendance at the 1st class (18 August) is required. Bring a memory stick. As places are limited, if you decide not to attend, please submit a yellow Withdrawal from Class form before the class begins.

Bernice Charity Thu 11:00am-12:20pm weekly Venue: R1 Terms: 3 (Code 2100-01)

### **Computers - For Novices**

A 4 week course for beginner computer users with no previous experience - teaches basic skills such as opening and shutting computer, use of keyboard and mouse.

Term 1: This is a 4 week course commencing 3 March, 2016.

Term 2: This is a 4 week course commencing 14 April 2016

Attendance at the 1st class is required. As places in this class are limited, if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.

Coral Newstead Thu 1:00pm-2:30pm weekly Venue: R1 Terms: 1 (Code 2125-01)

Coral Newstead Thu 1:00pm-2:30pm weekly Venue: R115 Terms: 2 (Code 2 125-02)

### **Computers - Intermediate**

This three term course follows on from 'Computers - Basics Level 1'. For those with a home computer with WINDOWS 7, an available USB port, an Email address and ability to use Email, and access to the Internet, preferably Broadband. Topics covered include: setting up Windows, System Restore and Recovery, Mozilla Firefox, Mozilla Thunderbird and other Internet tools. NB: completion of a Computers - Basics course (or the equivalent as previously discussed with the tutor) is a prerequisite for this course.

Must have a computer at home with Email & Internet access. Bring a USB memory stick with (minimum) 8GB. Must have satisfied the prerequisites as stated in the courses brochure. Members who have not completed this course or Computers - Basics Level 1 must call the tutor before the course commences to discuss their qualifications. As class places are limited, if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.  
Warwick Wright Wed 1:00pm-2:30pm weekly Venue: R1 Terms: 1,2,3 (Code 2200-01)

### **Computers - MS Publisher**

The first week of this 8 week course is ESSENTIAL. Members need to have completed COMPUTERS - BASICS LEVEL 1 and be competent in the use of the keyboard and mouse. As the program is easy to use it will be more of a self-help than tutorial course. You will learn how to produce newsletters, flyers, greeting cards, calendars and more. A memory stick will be needed. This is an 8 week course & attendance at the 1st class is ESSENTIAL. You need to have 'Publisher' on your home computer. Bring a memory stick. As places in this class are limited, if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.  
Barbara Hall Wed 9:00am-10:20am weekly Venue: R1 Terms: 3 (Code 2300-01)

### **Computers - MS Word**

The first week of this 8 week course is ESSENTIAL.  
Members need to have completed COMPUTERS - BASIC LEVEL 1 and be competent in the use of the keyboard and mouse. Learn how to format simple documents, add headers and footers, borders and shading, graphics and other handy-to-know functions. A memory stick will be needed. As places in this class are limited, if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.  
Barbara Hall Wed 9:00am-10:20am weekly Venue: R1 Terms: 1 (Code 2305-01)

### **Computers - 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. As places in this class are limited, if you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.  
Barry Klein Mon 1:30pm-2:50pm weekly Venue: R1 Terms: 2 (Code 2700-02)

### **Computers - Photoshop Elements**

This 8 week course is an introduction to Adobe Photoshop Elements to manage, fix, enhance and utilize photographic images. Basic computer skills are a MUST Attendance at the first class is essential. Please bring a flash drive (memory stick) to all classes, especially the first. As places are limited, if you decide not to attend, please submit a yellow Withdrawal from Class form before the class commences.  
William Eberbach Thu 11:00am-12:30pm weekly Venue: R1 Terms: 1 (Code 2705-01)

### **Computers - PowerPoint**

A 5 week course. PowerPoint is a Microsoft Product. Advanced computer skills are required to participate in this class. You will choose or develop your own slide design, then add text and photos to your slides. The content can be holidays, hobby, family, etc. You will need a USB memory stick. If you decide not to attend, please submit a yellow Withdrawal from Class form before the course begins.  
Bernice Charity Thu 11:00am-12:20pm weekly Venue: R1 Terms: 3 (Code 2710-01)

### **iPad Workshop**

A self-help group for sharing information about the use of APPLE iPads (all generations & mini). The focus is on exploring together iPad use for finding information, looking at photos and videos, listening to music, sending and receiving Emails, preparing documents, chatting to others, playing games and being creative. Bring your iPad to class.  
Neville Johnson Thu 1:30pm-2:50pm weekly Venue: R13 Terms: 1 (Code 5606-01)

### **IPad Workshop for Beginners**

An Apple iPad is essential. This is an introduction to its many uses, including Emails, Internet searching, maps, FaceTime, iBooks and other app purchases. Bring fully charged iPad to class, plus note pad & pen. You must know your Apple ID & Apple password.

John Kidman Mon 3:00pm-4:20pm weekly Venue: R13 Terms: 4 (Code 5608-01)

### **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: R16,17 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. Materials: new members will be advised.

Laurie Bicknell Wed 11:00am-1 :00pm weekly Venue: R16,17 Terms: 1,2,3,4 (Code 1655-01)

#### **Card Making**

Come and join the Card Making class- it is great fun. Beginners welcome and no previous artistic ability needed. All you need is a pair of scissors and some glue plus lots of enthusiasm.

Members will be advised on cost of materials in week 1.

Sue Vane-Tempest Mon 12:00pm-1:20pm weekly Venue: R8 Terms: 3,4 (Code 1675-01)

#### **Classical Guitar**

This is a beginner's course with an emphasis on playing ensemble. It does not continue on from 2015. Students must contact the Tutor before the course starts to discuss their choice of instrument. Each student needs his/her own classical guitar. Class held in the Craft Room.

Etienne de Lavaulx Fri 10:30am-1 1:50am weekly Venue: CH Terms: 1,2,3,4 (Code 1900-01)

#### **Classical Guitar - Intermediate**

This course is for those who have completed the Beginners Course. With an emphasis on i) playing ensemble in 2 parts, ii) learning simple chords, strumming to accompany folk song singing.

Classical Guitar - Intermediate - bring to class: guitar, music stand and stool.

Yoke Lan Machen Fri 9:00am-10:00am weekly Venue: CH Terms: 1,2,3,4 (Code 1905-01)

#### **Digital Photography - Level 1**

Learn the basics of photography and the workings of your digital camera, no matter which type you have. Learn how to get more out of your camera and how to take better, more pleasing photographs.

William Eberbach Mon 1:30pm-2:50pm weekly Venue: R13 Terms: 1 (Code 3540-01)

#### **Digital Photography - Level 2**

Proceeding on from Level 1, we look at more advanced features of our cameras, and take these out into the field for further experimentation. Returning to the classroom to analyse what we have achieved.

William Eberbach Thu 1 30pm-2:50pm weekly Venue: R13 Terms: 4 (Code 3542-01)

#### **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.

Bring own pastel paper and pastels.

Desiree Higgins Mon 11:00am-1:00pm weekly Venue: R16,17 Terms: 1,2,3,4 (Code 3705-01)



### **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. This will alter once they are in the class for a few weeks. Equipment required: New members bring to class: pencils 2B - 6B, kneadable eraser, cartridge paper-essential for 1st class; Advanced students can come with basic supplies - needs will be discussed.

Lynne Deans Fri 9:00am-12:20pm weekly Venue: R16,17,18 Terms: 1,2,3,4 (Code 3710-01)

### **Embroidery**

Embroidery for the beginner to the more experienced. Needles, threads and materials bought by members as needed.

Desiree Higgins Tue 11:00am-1:00pm weekly Venue: HC Terms: 1,2,3,4 (Code 4120-01)

### **Embroidery - Needles & Threads**

This is a self-help group suitable for beginners and advanced. Participants may work on embroidery, tapestry, etc. Embroidery Members bring something to embroider, cottons, etc.

Lauris Ward Tue 11:00am-1:00pm weekly Venue: R15 Terms: 1,2,3,4 (Code 4100-01)

### **Handcrafts**

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

Pamela 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 beanies, mittens, tea cosies and all sorts of things. Ideas welcomed.

Cheryl Bernadette Walsh Mon 1:30pm-3:00pm weekly Venue: R17 Terms: 2 (Code 5980-01)

### **Linoprinting**

Learn to make and print off linocuts. Using your basic sharp tools, ink, paper and roller, extend your artistic skills in monochrome or hand coloured prints. Members will be advised on materials in week 1. Materials required: real lino for strong hands only. Linocut tools - "Riot" has kit with ink, blades and lino (\$30) or bring box cutter to first class. Ink - water soluble black. Block to be cut - Real lino (Riot) or vinyl block from Zart (Box Hill industrial estate). Roller - hard rubber roller, not foam. 5cm suggested. Newsprint to cover table. Cartridge drawing paper- or any smooth heavy paper. Smooth 15cm tile or glass plate/chopping board to spread ink. Tracing paper. Toile roll or rags for clean-up. Carol Griffiths Mon 3:00pm-4:20pm weekly Venue: R13 Terms: 1,2 (Code 9720-01)

### **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 2 HB pencils, sharpener, 60cm ruler, expanding compass, protractor, rubber and coloured pencils.

Lyn Colenso 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 2D

pictures or designs. 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 Level 2**

This course is ONLY for the students who attended Piano for Beginners in 2015. NO NEW STUDENTS.

Christine Lees Wed 2:45pm-3:45pm weekly Venue: PR Terms: 1,2,3,4 (Code 6670-01)

### **Music - Piano for Beginners Group A**

Enjoy learning to play songs that you love without the drudgery of having to learn to read music. This course uses a new method that will have you playing from your first lesson. Keyboards are provided. This course extends over 2 years.

Christine Lees Wed 10:30am-11:30am weekly Venue: PR Terms: 1,2,3,4 (Code 6675-01)

### **Music - Piano for Beginners Group B**

Enjoy learning to play songs that you lovewithout the drudgery of learning to read music. This course uses a new method that will have you playing from your first lesson. Keyboards are provided.

Christine Lees Wed 12:45pm-1:45pm weekly Venue: PR Terms: 1,2,3,4 (Code 6676-01)

### **Music - Sight Singing**

The theory and practice in reading music is offered to singers and other music makers. Theory includes: note names, positions on staff and keyboard; count, beats, rhythm, scales, keys. Practice includes: sounds of above, ear tests, sight singing. Class will be held on the 5th Thursday of the month when it occurs in terms. Students will be provided with a textbook and materials at a cost of \$22.

Heather Ambrose Thu 1 30pm-3 :00pm wk1,3 Venue: MH Terms: 1,2,3,4 (Code 6679-01)

### **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. Initial folio of music \$18, plus possible further \$2 for photocopying.

Mavis Blake Fri 10:30am-11:50am weekly Venue: TUC Terms: 1,2,3,4 (Code 6680-01)

### **Music - The Happy Singers**

A relaxed afternoon, singing songs of yesteryears and including snippets of foreign songs to get brains ticking! This is not a choir - if you love belting out songs in a very informal way, having fun and a laugh, this afternoon is for you!

Jane Lithoxopoulos Tue 12:30pm-1:50pm wk 1,3 Venue: SHTAC Terms: 1,2 (Code 6682-01)

### **Music Lovers Group**

Convenor: John Mitchell; Assistants: Joan Creber, Alan Clark, Alan Farrar, 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. PLEASE NOTE: Classes will NOT be held on days proclaimed as CODE RED (CATASTROPHIC) FIRE DANGER RATING DAYS.

John Mitchell Mon 2:15pm-3:45pm weekly Venue: TUC Terms: 1,2,3,4 (Code 6640-01)

### **Music Theory Level 1**

Basic theory - do you want to join a choir? Learn to read and sing music. Have fun discovering the joys of music. The notes are there - you can find them. Textbook: Master Your Theory by Dulcie Holland, Grade 1 ~ \$20; photocopying ~\$2 for year.

Mavis Blake 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, e.g. cross-stitch, hardanger, tapestry, etc. and some embroidery. Also knitting, bead-knitting, beading, crochet & ribbon work. Bring your own project.

Carmen Woodward Thu 9:30am-11:30am weekly Venue: HC 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 is required. Bring rice paper to class.

Liya Fairless Fri 12:00pm-1:20pm weekly Venue: R15 Terms: 1,2,3,4 (Code 7020-01)



### **Painting - Outdoor Pen and Wash**

Painting outdoors in various local locations. Learn basic pen and wash techniques in outdoor settings - mainly Manningham area and keep 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 (if necessary).

Jackie Robinson Tue 1:15pm-2:45pm 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.

Jan Palmer Thu 9:00am-11:00am weekly Venue: R16,17 Terms: 1,2,3,4 (Code 7055-01)

### **Painting Watercolour for Beginners**

A watercolour course for beginners. Experience different technique each week. Materials will be discussed at 1st class.

Carolyn Francis Tue 3:00pm-4:20pm weekly Venue: R15 Terms: 1,2,3,4 (Code 7045-01)

### **Painting Watercolour Self-Help**

This class assumes a certain level of skill. Class member work on their own projects. This is NOT a class for beginners. Bring any art material suitable for watercolour that you may have. Do not buy new material before starting the class.

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

### **Painting with Oils Self-Help**

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 costs for supplies are about \$50. Bring canvas, brushes (for oil), palette, paints, pencil, ruler, mineral turpentine in a glass re-sealable jar, plastic sheet (for table), apron or old shirt.

Wilmore Bajada Wed 1:00pm-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 Thu 2:30pm-4:25pm weekly Venue: HC Terms: 1,2,3,4 (Code 7090-01)

### **Pottery - Introduction to Handbuilding**

An 8 week introductory course with participants creating an item of their own choice. Materials and firing are paid for as used (approx. cost: \$20).

Marjorie Beecham Fri 10:00am-1:00pm weekly Venue: WMIAA. Terms: 1 (Code 7500-01)

### **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.

Sandra Dean Wed 9:00am-11:00am weekly Venue: R15 Terms: 1,2,3,4 (Code 8220-01)

### **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.

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

## **English: Written and Spoken**

### **Book Discussion Group**

Books are selected by the group and provided by the Council of Adult Education (CAE) at an additional cost. Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation. New members: contact Judy Dall'Oste to receive the title of the book for the first meeting in February. 2015 CAE fees are: \$89. 05 (concession), \$123. 30 (seniors) & \$137 (full).

Judith Dall'Oste Wed 1:00pm-2:20pm wk3 Venue: GRV Terms: 1,2,3,4 (Code 1450-01)

### **Book Group**

Through the power of the written word, we can 'visit' other times and places and share in other people's 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 2016 - to be advised.

Elizabeth Ross Tue 1:30pm-2:50pm wk3 Venue: R8 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, as well as writing in different forms for different purposes. Outcomes, according to individual needs, may include writing formal and informal letters, explaining a procedure and presenting a simple argument. Photocopying cost \$1.00 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 Group A**

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

Gail Clayton Thu 9:00am-10:20am weekly Venue: R18 Terms: 1,2,3,4 (Code 4197-01)

### **English (ESL) - Conversation Level 1 Group B**

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.

Joan Creber Wed 9:15am-10:15am weekly Venue: R18 Terms: 1,2,3,4 (Code 4200-01)

### **English (ESL) - Conversation Level 2 Group A**

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. \$5 per year for photocopying.

Jean de Neef Thu 9:00am-10:20am weekly Venue: R15 Terms: 1,2,3,4 (Code 4201-01)

### **English (ESL) - Conversation Level 2 Group B See Group A**

Helen Lowell Thu 12:00pm-1:00pm weekly Venue: R15 Terms: 1,2,3,4 (Code 4202-01)

### **Writing - Creative**

For people interested in regularly developing their writing skills. Class members are required to submit a piece of writing, to provide a written critique of submitted stories, prepared at home and complete a short written exercise each week.

Richard Davis Wed 9:00am-10:20am weekly Venue: R16 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.

Patricia Taylor Mon 9:00am-10:20am weekly Venue: R18 Terms: 1,2,3,4 (Code 9120-01)

### **Writing Poetry**

While our emphasis is on sharing our poetic creations in a fun and friendly atmosphere, we also learn how to read and appreciate published poems. In order to enhance our writing, we explore poetic forms and devices used in poetry through the ages until the present day.

Hazel Boss Thu 11:30am-12:30pm weekly Venue: R8 Terms: 1,2,3,4 (Code 9118-01)

## **Games & Hobbies**

### **Bridge - Beginners Groups A & B**

Learn the basics of Bridge. You need to have some card games experience such as Solo or Five Hundred. Group A is held weekly during term 1 & 2 - no new players will be accepted after 16 February. Group B is held 1st and 3rd week, and 5th week when it occurs in Terms 3 & 4  
Nena Reid Tue 9:00am-11:00am weekly Venue: R16 Terms: 1,2 (Code 1500-01)  
Nena Reid Tue 11:00am-1:00pm wk1,3,5 Venue: R16 Terms: 3,4 (Code 1500-02)

### **Bridge - Duplicate Group A**

Both groups cater 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.  
Ross Henderson Tue 1:30pm-4:20pm weekly Venue: R16,17,18 Terms: 1,2,3,4 (Code 1520-01)

### **Bridge - Duplicate Group B**

See also Group A. Participants must know how to play Bridge. NB: Only ONE Duplicate Bridge Group per member  
John Driver Thu 1:30pm-4:20pm weekly Venue: R16,17,18 Terms: 1,2,3,4 (Code 1522-01)

### **Bridge - Duplicate Group C**

Participants must know how to play Bridge. NB: Only ONE Duplicate Bridge Group per member  
John Ingrassia Wed 1:30pm-4:20pm weekly Venue: 17,18 Terms: 1,2,3,4 (Code 1525-01)

### **Bridge - Play of Cards**

Winning card play planning and playing tips for intermediate and advanced players, including recognising and playing slam hands. We will see how the experts do it in published "hands of the week". NB - NOT SUBJECT TO ONE DUPLICATE BRIDGE CLASS PER MEMBER.  
Errol Lovett Mon 1:30pm-2:50pm weekly Venue: R13 Terms: 2 (Code 1527-01)

### **Bridge - Practice/Social Group A**

For players with a basic knowledge of Bridge, wishing to gain experience in a friendly social atmosphere with some guidance offered where required. NB: ONLY available to those not enrolled in another Bridge group.  
Tess Gibbs Tue 9:00am-11:00am weekly Venue: R16,17 Terms: 1,2,3,4 (Code 1530-01)

### **Bridge - Practice/Social Group B**

See Group A. In terms 3 & 4 this course will be held weekly. NB - this group is not restricted but preference will be given to those not enrolled in another Bridge group.  
Tess Gibbs Tue 11:00am-1:00pm wk2,4 Venue: 17,18 Terms: 1,2,3,4 (Code 1532-01)

### **Card Games**

Come and play cards for fun, mental stimulation and social interaction - Bolivia Five Hundred, etc.  
Lynne Fitzsimons Fri 1:00pm-3:00pm weekly Venue: CH Terms: 1,2,3,4 (Code 1673-01)

### **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: PR Terms: 1,2,3,4 (Code 6190-01)

### **Rummikub**

The game of Rummikub is a lateral thinking game and a 'fast-paced game of tile manipulation that challenges each player's wit against the others. It is easy to learn and a challenge to master'. (Source: Rummikub).  
Beth Coote Thu 3:15pm-4:20pm wk1,3 Venue: R15 Terms: 3,4 (Code 7940-01)

### **Scrabble**

Scrabble is fun and good exercise for the brain. Previous playing experience essential. Not suitable for beginners.  
Beverley Dittmann Thu 1:05pm-3:05pm weekly Venue: R15 Terms: 1,2,3,4 (Code 8200-01)

### **Snooker**

Have fun and enjoy a game of snooker. Beginners and experienced players welcome.  
Paul Matison Wed 10:00am-12:00pm weekly Venue: BTOC Terms: 1,2 (Code 8295-01)

### **Solo - Self-Help**

Both original version and Auction Solo are played. Knowledge of the game is required.  
Dianne Brettargh Wed 1:00pm-4:00pm weekly Venue: ARV Terms: 1,2,3,4 (Code 8300-01)

## **Health & Fitness**

### **Badminton**

This badminton group is ONLY for experienced players who enjoy playing socially in a relaxed environment indoors. Participants provide their own racquets. There is a small charge to cover the cost of shuttlecocks. Bring your own badminton racquet. Wear runners. A nominal sum is collected to pay for shuttlecocks: ~\$5-\$10 for the year.

Kay Newcombe Mon 10:30am-1 1:50am weekly Venue: TLCS Terms: 1,2,3,4 (Code 1200-01)

### **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.

Colin Cherry Wed 10:00am-12:00pm weekly Venue: TLCS Terms: 1,2,3,4 (Code 12 10-01)

### **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. NB: Only ONE Ballroom Dancing class per member Wear comfortable shoes for dancing, NOT rubber, ripple-soled shoes or sneakers.

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

### **Ballroom Dancing - Beginners**

This course teaches dances useful for a dinner dance occasion. It is also a good foundation for the Intermediate class. NB: ONLY ONE Ballroom Dancing class per member Wear comfortable shoes - NOT rubber, ripple-soled shoes or sneakers.

Ethel Fredericks Wed 12:00pm-1:00pm weekly Venue: PFR Terms: 1,2,3,4 (Code 1251-01)

### **Ballroom Dancing - Intermediate**

This is NOT a Beginners class. To do this class, you need to have done at least one year in Beginners Ballroom class. Dancing is a fantastic way to keep physically fit and mentally active. This is a stepping stone to the Advanced Ballroom class. NB: Only ONE Ballroom Dancing class per member Wear comfortable shoes for dancing, NOT rubber, ripple-soled shoes or sneakers.

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.

Sandra Marshall Thu 3:00pm-4:20pm weekly Venue: PFR Terms: 1,2,3,4 (Code 1785-01)

### **Golf for All**

Members must have their own equipment and have some experience playing golf. Nine holes of golf on a weekly basis. Green fees apply.

Carol Leeson Tue 10:15am-12:15pm weekly Venue: FGC Terms: 1,2,3,4 (Code 5 145-01)

### **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.

Douglas Brewer Wed 7:00am-11:00am weekly Venue: FGC Terms: 1,2,3,4 (Code 5 150-01)

### **Greek Dancing**

Learn some Greek dancing along with some history and culture associated with the dancing. Good exercise guaranteed! Beginners must attend at 11:30am; others may start at 11:45am.

Irene Michaelides Thu 11:30am-1:00pm weekly Venue: R16,17,18 Terms: 1,2,3,4 (Code 5210-01)

### **Lawn Bowls for Beginners, Donvale**

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.

Ronald Gibbs Thu 1:30pm-3:30pm weekly Venue: DBC Terms: 1,2,3,4 (Code 6050-01)

### **Lawn Bowls for Beginners Templestowe**

Have fun in the sun learning Lawn Bowls. Friendly helpers, bowls supplied, no fees. Wear flat-soled shoes. Meet in the Club car park.

Beverley Dittmann Wed 10:30am-11:45am weekly Venue: TBC Terms: 1 (Code 6055-01)

### **Line Dancing - Beginners**

Come and learn some fun Line Dances. It is advisable for participants to have some Line Dancing skills. Wear comfortable FLAT shoes.

Julie Ong Fri 2:00pm-3:00pm weekly Venue: PFR Terms: 1,2,3,4 (Code 6145-01)

### **Line Dancing- Intermediate**

Basic knowledge of Line Dancing is required for this class. One year's experience in the Beginners class is prerequisite. NB: Only ONE Line Dancing class per member. Wear comfortable, flat shoes.

Julie Chau Fri 3:00pm-4:00pm weekly Venue: PFR Terms: 1,2,3,4 (Code 6147-01)

### **Pétanque - French Bowls**

Pétanque 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.

Donald Gay Mon 9:00am-11:00am weekly Venue: DISC Terms: 1,2,3,4 (Code 7 100-01)

### **Rock & Roll, Swing & Salsa - Advanced**

At Advanced level members should be able to 'freestyle' lead or follow ten or so moves. Members are expected when possible to assist in the Intermediate class during the first hour and then have a formal lesson in the second hour.

Edwin Goodieson Mon 1:00pm-3:00pm weekly Venue: PFR Terms: 1,2,3,4 (Code 7895-01)

### **Rock & Roll, Swing & Salsa - Beginners**

Basic routines in these styles of dance are taught. No previous experience is required. Throughout the year the dance styles will be taught on a rotational basis, each running for 4 weeks. Wear casual clothes & flat, non-gripping soled shoes.

Edwin Goodieson Mon 12:00pm-1:00pm weekly Venue: PFR Terms: 1,2,3,4 (Code 7900-01)

### **Rock & Roll, Swing & Salsa - Intermediate**

At Intermediate level members should be able to move in time with the music and be able to lead or follow a lead. The first hour of the session will be helping beginners and the second hour will be the formal teaching session. Wear casual clothes & flat, non-gripping soled shoes.

Edwin Goodieson Mon 12:00pm-2:00pm weekly Venue: PFR Terms: 1,2,3,4 (Code 7905-01)

### **Sequence dancing for Beginners**

Sequence dances include the waltz, foxtrot, quickstep, tango, rumba, cha cha, samba, jive, saunter and many more. Australian new vogue dances and a subset of Sequence dances. A mix of the most popular and most recently choreographed dances will be taught.

Liza Ng Thu 12:00pm-1:00pm weekly Venue: PFR Terms: 1,2,3,4 (Code 8240-01)



### **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/Specialist 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); water; wear comfortable clothes & training shoes.

Margaret Dawdy Mon, Thu 1 0:30am-11:50am weekly Venue: SHTAC Terms: 1 (Code 8500-01)

### **Strength Training - Level 2**

**Only people who have completed the introductory course (Level 1) will be accepted into a Level 2 group. Anyone who has NOT attended the STRENGTH TRAINING program at MANNINGHAM U3A must indicate that they are new by writing 'N' beside the course code on their Application for Membership form. Attendance at BOTH weekly sessions is expected. Bring a mat for floor exercises & small cushion (optional); wear comfortable clothes & training shoes.**

#### **Strength Training - Level 2 Group A** Josephine McDermott

Mon, Thu 9:00am-10:20am weekly

Venue: PFR Terms: 1,2,3,4 (Code 8505-01)

#### **Strength Training - Level 2 Group B** Tony Ellul

Mon, Thu 10:30am-11:50am weekly Venue: PFR Terms: 1,2,3,4 (Code 8510-01)

#### **Strength Training - Level 2 Group C**

Moira Axtens Tue, Fri 9:00am-10:20am weekly Venue: 13,14 Terms: 1,2,3,4 (Code 85 15-01)

#### **Strength Training - Level 2 Group D**

Moira Axtens Tue, Fri 10:30am-11.50 am weekly Venue: 13,14 Terms: 1,2,3,4(Code 8520-01)

#### **Strength Training - Level 2 Group E**

Margaret Dawdy Mon, Thu 8:50am-10: 10am weekly Venue: SHTAC Terms: 1,2,3,4 (Code 8525-01)

#### **Strength Training - Level 2 Group F**

Telmay Dodd Mon, Thu 10:30am-11:50am weekly Venue: SHTAC Terms: 1,2,3,4 (Code 8530-01)

### **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.

Erwin Kolbeck Thu 11:00am-1 :00pm weekly Venue: DISC Terms: 1,2,3,4 (Code 8600-01)

### **Table Tennis Spin & Smash**

These sessions are centred around single games for practice and skill improvement. Beginners are welcome Members bring their own bat and pay \$3 for table tennis balls. Wear suitable shoes

Kenneth Kwei Thu 10:00am-11:00am weekly. Venue: DISC Terms: 1,2,3,4 (Code 8605-01)

### **Tai Chi Ch'uan - Advanced**

A simple step-by-step, form-by-form progression to the 2-4 forms of simplified Tai Chi Ch'uan. It includes some warm-up exercises and Tai Chi Fan and Tai Chi Sword No high heels. Rubber or synthetic soled shoes only. NB: Only ONE Tai Chi class per member.

William Mak Wed 9:00am-12:00pm weekly Venue: PFR Terms: 1,2,3,4 (Code 8650-01)

### **Tai Chi Ch'uan - Beginners**

A simple step by step, form by form progression to the 2-4 forms of simplified Tai Chi Ch'uan. It includes some warm up exercises and Tai Chi Fan and Tai Chi Sword. No high heels, rubber or synthetic soled shoes only NB: Only ONE Tai Chi class per member.

William Mak Wed 9:00am-12:00pm weekly Venue: PFR Terms: 1,2,3,4 (Code 8652-01)



### **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 9:15am-10:15am weekly Venue: TLCS Terms: 1,2,3,4 (Code 8655-01)

### **Tai Chi Level 2**

Yang Style Tai Chi 2-4 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.

Angelina Chung Tue 10:15am-11:15am weekly Venue: TLCS Terms: 1,2,3,4 (Code 8660-01)

### **Tennis Monday**

Participants MUST have played before. Shoes and racquet are necessary. There will be a contribution of \$9 per year for tennis balls. There is NO COACHING.

Valerie Lierse Mon 8:30am-11:00am weekly Venue: DTC Terms: 1,2,3,4 (Code 8750-01)

### **Tennis - Friday**

Participants MUST have played before. Shoes and racquet are necessary. There will be a contribution of \$9 per year for tennis balls. There is NO COACHING.

Valerie Lierse Fri 9:00am-11:30am weekly Venue: DTC Terms: 1,2,3,4 (Code 8752-01)

### **Walking for Exercise - Tuesday**

Venue: Finns Reserve. Meet in the car park 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. Meet in car park at river end of Duncan St.

Tom Heyhoe Tue 8:50am-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. Melway 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.

Bruce Ford Wed 9:00am-10:00am weekly Venue: RLP Terms: 1,2,3,4 (Code 9003-01)

### **Walking for Exercise Friday**

Easy walking, approximately 1 hour. BYO morning tea. Meet at 8:50am at parks listed on walk sheets. See walk sheets for venues. 1st walk: Banksia Park, Melway: 32E5; meet near covered tables. Walks will not be held on declared TOTAL FIRE BAN days.

Douglas Brewer Fri 8:50am-10:00am weekly Venue: VAR Terms: 1,2,3,4 (Code 9005-01)

### **Walking for Fitness**

One hour walks in and around Manningham and nearby parks and reserves. To enjoy these walks, participants should be reasonably fit and injury free. The schedule for each term will be on the U3A notice board. Walks will not be held on declared TOTAL FIRE BAN days.

Loula Polites Thu 9:05am-10:00am weekly Venue: VAR Terms: 1,2,3,4 (Code 9010-01)

### **Yoga - Classical Group A**

Enhance your wellbeing with Hatha Yoga, gently stretching and toning the muscles, keeping the spine and joints flexible, and improving circulation. Includes breathing techniques, meditation and relaxation. Wear comfortable clothing & bring a yoga mat & rug. NB: ONLY ONE yoga class per member.

Barbara Byrne Wed 12:00pm-1:20pm weekly Venue: R14 Terms: 1,2,3,4 (Code 9220-01)

### **Yoga - Classical Group B**

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 11:00am-12:20pm weekly Venue: TACC Terms: 1,2,3,4 (Code 922-4-01)

### **Yoga Ashtanga**

Yoga study provides holistic health, happiness and peace of mind. Ashtanga Yoga - theory in brief - practice of yogic exercise, breathing technique, yoga postures, relaxation and meditation. Intending participants must check with their GP or Specialist that this yoga will be suitable for them. Please bring a yoga mat to class. NB: ONLY ONE yoga class per member.

Yogesh Bhatt Mon 12:30pm-2:00pm weekly Venue: TACC Terms: 1,2,3,4 (Code 92 18-01)

### **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.

Saroja Swami Fri 3:00pm-4:20pm weekly Venue: R13,14 Terms: 1,2,3,4 (Code 9250-01)

### **Yoga Hatha Group A**

Yoga provides a comprehensive system of exercise that strengthens, tones and aligns, improving the health of the entire body. It also develops mental calmness. Please bring a yoga mat & light rug to class. NB: ONLY ONE yoga class per member.

Lesley Catt Mon 1:30pm-2:50pm weekly Venue: R14 Terms: 1,2,3,4 (Code 9260-01)

### **Yoga Hatha Group B**

Yoga provides a comprehensive system of exercise that strengthens, tones, and aligns, improving the health of the entire body. It also develops mental calmness. Please bring a yoga mat to class.

NB: ONLY ONE yoga class per member.

Lesley Catt Mon 3:00pm-4:20pm weekly Venue: R14 Terms: 1,2,3,4 (Code 9265-01)

### **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 NB: ONLY ONE yoga class per member.

Gloria Matison Tue 3:00pm-4:20pm weekly Venue: R14 Terms: 1,2,3,4 (Code 9275-01)

### **Yoga Integral**

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.

NB: ONLY ONE yoga class per member.

Gloria Matison Wed 4:00pm-5:20pm weekly Venue: BTOC Terms: 1,2,3,4 (Code 9280-01)

### **Zumba Gold**

Zumba Gold is a Latin inspired workout tailored to the needs of elders. Just like Zumba, it incorporates dance/fitness routines to Latin and international rhythms but is performed at a lower intensity.

Tony Ellul Thu 1:1 5pm-2:1 5pm weekly Venue: PFR Terms: 2-4 (Code 9700-01)

## **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 12:00pm-1:20pm weekly Venue: R13 Terms: 1,2,3,4 (Code 1800-01)

### **Chinese - Mandarin Level 1** This is a class for beginners.

Wei Xing Huang Fri 3:00pm-4:20pm weekly Venue: R15 Terms: 1,2,3,4 (Code 18 10-01)

### **Chinese - Mandarin Level 2 Group A**

Participants MUST be able to use 'pinyin' in this class

Wei Xing Huang Thu 10:30am-11:50am weekly Venue: R13 Terms: 1,2,3,4 (Code 1815-01)

### **Chinese - Mandarin Level 2 Group B**

Participants MUST be able to use 'pinyin' in this class

Yanwen Huang Mon 9:00am-10:20am weekly Venue: R13 Terms: 1,2,3,4 (Code 1818-01)

### **French Conversation for Beginners**

This course will introduce you to the basics of spoken French in a relaxed, friendly atmosphere. No previous knowledge or experience required. Strictly beginners only.

Geoff Sheldon Mon 10:30am-11:50am weekly Venue: R14 Terms: 1,2,3,4 (Code 4485-01)

### **French Conversation Level 2**

Principal Objective: for students to be able to make themselves understood in writing and speaking French in French-speaking countries. Class members must have completed Level 1 French as this is not a beginner's class. Text book: French Conversation, Eliane Kurbegov

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 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: R17 Terms: 1,2,3,4 (Code 4496-01)

### **French Conversation Level 4**

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

Monique Plantier Mon 1:30pm-2:50pm weekly Venue: CH Terms: 1,2,3,4 (Code 4500-01)

### **French Self-Help Level 1**

This class includes reading, speaking, writing and grammar. Based on the text 'Vite et Bien 1'. Some prior knowledge of French is required.

Helen Anderson Fri 9:00am-10:20am weekly Venue: R15 Terms: 1,2,3,4 (Code 4504-01)

### **French Self-Help Level 2**

This class includes some grammar, reading and conversation. French history, culture, geography, arts, etc. are discussed in a co-operative learning environment with everyone invited to share their knowledge. Textbook: Read and Think French, McGraw Hill 2010.

Helen Anderson Thu 10:30am-11:50am weekly Venue: R15 Terms: 1,2,3,4 (Code 4505-01)

### **German**

In this German class you can further develop your skills of reading, writing and speaking German. We learn about the country, revise important grammar, singsongs, read short stories and generally have fun. Some knowledge of German required.

Trudy Ward Wed 1:30pm-2:50pm weekly Venue: R16 Terms: 1,2,3,4 (Code 5110-01)

### **German Beginners Level 1**

An introduction to the German language and culture, concentrating on speaking. NO prior knowledge of German is required. Initially no textbook is needed. Some study materials will be provided. Some home study between classes will be required

Peter Griffiths Mon 9:00am-10:20am weekly Venue: R16 Terms: 1,2,3,4 (Code 5 113-01)

### **German Advanced**

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. Small charge for photocopying.

Jutta-Inge Szwed Mon 9:00am-10:20am wk1,3 Venue: R14 Terms: 1,2,3,4 (Code 5 112-01)

### **German Beginners Level 3**

This is an advanced beginners course that provides an introduction to the language and culture. Keen beginners are welcome, however most students have completed 96 hours of study. A textbook will be required and a small contribution for photocopying.  
Jutta-Inge Szwed Mon 12:00pm-1:20pm weekly Venue: R18 Terms: 1,2,3,4 (Code 5114-01)

### **German Intermediate**

This course is suitable for those with a 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 5115-01)

### **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 Café, The Pines.  
Jutta-Inge Szwed Mon 9:00am-10:15am wk2 Venue: VAR 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: Greek Language and People, new edition.  
Lula Black Thu 9:00am-10:00am weekly Venue: R8 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: R8 Terms: 1,2,3,4 (Code 5205-01)

### **Italian Beginners**

This class is for those with no previous experience in learning Italian. It will focus on the basics of the language, including grammar, pronunciation and homework. Text book: Italian for Beginners, Usborne Language Guides.  
Lucia Di Fiore Mon 3:00pm-4:20pm weekly Venue: R15 Terms: 1,2,3,4 (Code 5610-01)

### **Italian Conversation Basic**

This course is for students who have been previously at least two years in beginners class. We will listen to Italian tapes, some homework required, reading and conversational approach. Text book: Italian Grammar, 4th edition, Schaum's Outline.  
Paola Flammini Fri 3:00pm-4:20pm weekly Venue: R18 Terms: 1,2,3,4 (Code 5615-01)

### **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.  
Text: La Bottega dell'Italiano, Rosanna Verri-Menzel. Bonacci Editore ISBN 88-7573-205-1  
Paola Flammini Mon 1:30pm-2:50pm weekly Venue: R16 Terms: 1,2,3,4 (Code 5617-01)

### **Italian Level 2**

Not suitable for beginners. Oral/Aural approach plus reading and grammar. Texts: 1) A Progressive Italian Grammar - Komadina & Orifici - Campian Press or Continental Book 2) Buongiorno Italia- BBC 2005 edition. Buy online from: [www.bookdepository.com](http://www.bookdepository.com) (for a reasonable price).  
Neville Heffernan Wed 12:00pm-1:20pm weekly Venue: R18 Terms: 1,2,3,4 (Code 5620-01)

### **Italian Level 3**

At least 2 years of previous Italian is required. Text book for Level 2 will be referred to but new students need not buy it. Text book for 2016: Colloquial Italian, Sylvia Lymbery & Sandra Silipo. Buy online from: [www.bookdepository.co.uk](http://www.bookdepository.co.uk)  
Raffaella Dinelli Wed 10:30am-11:50am weekly Venue: R18 Terms: 1,2,3,4 (Code 5625-01)

### **Latin - Advanced**

Study of Latin writers and poets. Knowledge of basic Latin grammar is required in order to practise English into Latin, as well as Latin to English. Text book: Cambridge Latin Anthology.

Helen Kearton Tue 1:30pm-2: 50pm weekly Venue: R15 Terms: 1,2,3,4 (Code 6030-01)

### **Spanish - Level 1**

This is a class for beginners with no knowledge of the language and also for members who have been previously at least one year in a beginners class. An Oxford School Spanish dictionary is needed.

Arta Xenophontos Mon 10:30am-11:50am weekly Venue: R8 Terms: 1,2,3,4 (Code 8330-01)

### **Spanish Conversation**

Communication in Spanish - learn how to communicate and have fun in Spanish.

René Carrasco Mon 12:00pm-1:20pm weekly Venue: R14 Terms: 1,2,3,4 (Code 8335-01)

### **Special Projects**

#### **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. Places in the workshops will be allocated at the Lecture. CPR Lecture - 11th July. Workshop places will be allocated at the lecture.

Thomas Clark Mon 3:00pm-4:20pm weekly Venue: R13 Terms: 3 (Code 3200-01)

#### **CPR Workshop A**

CPR workshop following lecture 11/7/16

Thomas Clark Mon 3:00pm-4:20pm weekly Venue: R13 Terms: 3 (Code 3201-01)

#### **CPR Workshop B**

CPR workshop following lecture 11/7/16

Thomas Clark Mon 3:00pm-4:20pm weekly Venue: R13 Terms: 3 (Code 3202-01)

#### **CPR Workshop C**

CPR Workshop following lecture 11/7/16

Thomas Clark Mon 3:00pm-4:20pm weekly Venue: R13 Terms: 3 (Code 3203-01)

### **Mobile Phone Tuition**

The tuition is one on one. The objective is for students to perform basic functions on their mobile phone: 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. Please note: tuition is arranged on an individual basis by the Tutor - please ignore the day & time listed.

Ken Hosking Mon 9:00am-10:00am weekly

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

### **Tutor Training for Migrant English**

This 6 week course is a program to train tutors to teach simple conversational English to migrants on a one to one basis. Members who wish to access one on one tuition please contact Lorraine Gill through the U3A office

Lorraine Gill Thu 1 30pm-4:20pm weekly Venue: R13 Terms: 3 (Code 8840-01)

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## **Positions of Responsibility 2016**

Accommodation/class venues	Michael Howard
Class representatives	Kay Hawkins and Bridget Halge
Correspondence/Member records	Alita Mossop
Timetables	Tony Kerron
Enrolments: Class lists/Waiting Lists	Warwick Wright
Equipment Maintenance	Terry Smith
Migrant English Tutor Training	Joan Creber
New Courses	Milly Ching, Shirley Eldridge and Tanya Gogorosis
Newsletter Editor	Diane Baird
Office Manager	Ruth Foxwell
Room Bookings	Milly Ching
Tutor Coordinator	Maureen Mitchell.

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## **A Look at Past Achievements**

Our past Presidents have reflected on progress at U3A Manningham during their terms of office. Below are excerpts from speeches about our history given at our 20th Anniversary in 2011. Our two recent Presidents also share their perspectives on progress since we have been located at The Pines.

### **Neville Heffernan, President 1992-1998**



Our trip down memory lane starts in June, 1991. An announcement in the local newspaper invited the public to a meeting aimed at establishing a local U3A. I attended that meeting and commenced a deep commitment that has endured for two decades. Having been elected President I continued in that role for four more years. Those years were a time of enormous expansion in membership, and subsequent complexity in organisation.

While the retirement village campus had coped well with our initial forty students, increasing numbers and classroom requirements were an obvious threat to the quality of village life.

Let's always acknowledge our debt to the Templestowe Orchards Retirement Village as the initiators of our organisation. This period was certainly a time of great stress for our organisation, too many classes in disparate locations. Our re-location to the Templestowe Leisure Centre was a compromise in that accommodation was still inadequate but we had the use of a large meeting room and a small office. The positive aspect of this expansion was the emergence of a whole new pool of talent, the efforts of so many in so many facets of organisation, administration and instruction have been deeply appreciated.

I'm so grateful to have been afforded the opportunity to play my part in the establishment and consolidation of our U3A.



### **Heather Ambrose, President 1998-2002**

I'm going to talk about some of the innovations from that time that were particularly productive and lasting. Les Dale foresaw a need for alternative accommodation so he worked persistently to address these projected needs. Bridget Halge implemented the class representative system to improve communication between the CoM and members. Bridget also devised the Volunteer System to promote the sharing of necessary tasks among members. We linked this system with the priority incentives offered at enrolment, to good effect. Moira Axtens' organisational skills were very apparent as she and her committee worked to improve the efficiency of the Enrolment system, year by

year Barbara Hall began producing computer-generated class lists prior to classes beginning each year and Leong Kwok developed a purpose-specific database to cater for every aspect of our increasingly complex operation. Norm and Elaine Dodds and Lyn Torrens made full use of the database as they streamlined the enrolment system involving a large team of trained helpers.

Don Gay headed a committee to rewrite our constitution to reflect current practice. Don also wrote our first Tutors' Manual, now updated annually. Secretary Judith Downie led the writing of all our policies and the CoM employed a consultant to guide them in writing a five-year strategic plan. Betty Ellis, assisted by Secretary Audrey Killey and their team produced A Decade of Achievement to record the U3A's history.

U3A world-wide is an outstanding example of successful self-help in education, promoting well-being among its members with its simple formula of shared learning among volunteers. I am privileged to have been part of the development of this U3A.

### **Bridget Halge, President 2002-2006**



During the middle years, U3A Manningham saw the introduction of several firsts for a U3A in Victoria. Two programs were designed to assist seniors living with a disability: one, to promote physical strength; and two, to reduce social isolation.

The ones to assist those with a disability were the Disability Support Group, organised by Pearl Lubansky and Peter Nash, and the other is the very successful Migrant English program, headed first by Pat Smith and then coordinated by Joan Creber. The one to promote physical strength is, of course, our thriving Strength Training Program led by Moira Axtens.

The projects to reduce social isolation have been the Learn Computing CD created by Les Dale and the development of a Directory of Activities for seniors. Graeme Martin continued to work with Council officers on regular upgrades for this directory.

Despite the persistent efforts of our pioneers Neville Heffernan, Les Dale and Heather Ambrose, progress with finding appropriate accommodation, suitable for the long term, was very, very, slow. An exciting and significant shift occurred at a meeting with the then CEO John Bennie. We argued that we work in collaboration with Council to provide essential services to the growing population of seniors in the community, thus prolonging the health and well-being of seniors and achieving large savings on the public purse. It was challenging, thrilling and a privilege to have been part of the Site Committee working with the architect and the planning department on every aspect of the design of the new building and to witness our dream becoming a reality. We are the first U3A in Victoria to have our own purpose-built building.

## **David Jensz, President 2006-2010**



Our last day at Templestowe on Friday, 30 November 2007, was indeed memorable. Our final concert was held in the Memorial Hall and our End-of-Year Luncheon was held in the Templestowe Leisure Centre. The Memorial Hall was built in 1922 and has all the charm and atmosphere that was considered essential for a meeting hall at that time...The Pines Learning and Activity Centre had been officially opened on 21 November 2007 and it was ready for us to start our classes early in 2008.

It was obvious to all who attended the Tutors' meeting on Thursday, 31 January 2008, that Manningham U3A had moved into the twenty-first century. This was our first event at The Pines where we had air-conditioning, comfortable chairs and other quality furnishings, a well-appointed office and reception area, automatic double doors, classrooms of flexible sizes, excellent equipment storage close to the classrooms and a wide hallway where members could meet and socialise between classes.

Manningham U3A reached a gross membership of over 1600 this year (2011) and is the largest U3A in Victoria. We are offering over 160 courses in 2012. U3A offers much more than a wide variety of classes for seniors – it provides social interaction, support in times of need, it provides stimulation and meaningful goals for older citizens and, above all, it provides a happy and friendly environment...We have had a great twenty years and we look forward with confidence to the future.

## **Bryce Normoyle, President 2010-2015**

The 2009 Member Survey Results were approved by the CoM in 2010. This report emphasised continued membership growth; curriculum growth and diversity; accommodation expansion and increased volunteer opportunities. It also strongly supported an upgrade/update of existing technology, together with increased use in classes and in administration support.



Membership growth continued to expand to 1750 members during this period. Our curriculum grew to 190 classes and activities, including technology classes to assist our members with the uptake of mobile phones and tablets. Demand rapidly exceeded supply for these classes. Several new venues were hired to assist with the curriculum growth and to accommodate the demand in expanding existing courses, for example, Strength Training.

Extensive negotiations were required between Manningham City Council, The Pines Living and Learning and ourselves to enable the purchase and installation of modern data projectors, including speakers and screens in Rooms 13,14,16 and 18, as well as an upgrade of Room 1 desktop computers and software. In addition, new laptops and desktops were purchased for use by our members, mainly in the office and sometimes in classes and for special events.

A sub-committee was established to research future directions for our organisation. It analysed demographics, the potential for a second U3A (mainly to relieve administration concerns) and possible accommodation venues. In 2014, U3A Network Victoria researched the market place for suitable membership management software. Following additional research by U3A Manningham, a sub-committee recommended a suitable online software package that was successfully implemented in 2015. Many new volunteer opportunities evolved from the above changes and our members have readily accepted them.

During this period, many new policy and regulatory documents were issued by the State government that required our compliance, documentation and implementation. The sustained growth of U3A Manningham during this period is the result of enthusiastic members who strongly supported the various committees and accepted change willingly.

### **Geoff Sheldon, President 2015-present**



The U3A movement is an idea whose time has come. The traditional role of third-agers as guardians of knowledge has been eroded by the rapid development of technology. Similarly, the advances in modern medicine are keeping us alive for longer. So what is our role now? As I see it, we can continue to contribute to the wider community and take responsibility for our own well-being. By sharing our experiences and skills with our fellow third-agers, we can ensure that they, too, continue to be as independent and active as possible. This is a role that U3A Manningham has always embraced and, looking further into the future, I would hope to see it more firmly enshrined as its principal aim.

The unfortunate label of 'university' in our name, in my opinion, may serve to intimidate and deter some potential members. It is all too easy to see an organisation such as ours as a quasi-educational one. We are not. True, we are committed to life-long learning but that is a fundamental trait of being human and goes far beyond the narrow idea of formal education. U3A Manningham is, and should continue to be, an organised group ready to welcome anyone into its community. We have been lucky during our first twenty-five years to have had some excellent Tutors offering outstanding educational courses, but that has been in addition to a range of other diverse courses. Looking ahead, I would hope to reinforce our role in terms of providing a wider service to the community, to offer a resource to the older generation looking to maintain their physical and mental well-being in finding their place in society and to maintain essential links with that society.

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## **Ours is a success story**

**by Leslie Dale**

*Talk to cocktail party on 14 October 2016 celebrating out 25<sup>th</sup> anniversary*

Some people are born great like members of the Royal Family but not me. Some achieve greatness like becoming prime Minister or President. On this occasion I feel that I have had greatness thrust upon me. There is little to justify my standing here talking to you other than our President's optimism that I may be able to shed more light on why MannU3A has been so successful, being now – after 25 years of existence - one of the leading U3As in Australia.

**And have no doubt about it, the story of Manningham U3A is a success story.** To some extent we have been lucky – lucky to have leaders with foresight and the ability to implement their new ideas successfully and lucky that we have a City Council willing to provide us with an above average level of support.

**I want to talk to you first about our good luck which made significant contributions to our success,**

First, the initial support provided by the Baptist Church and the Templestowe Orchards Retirement Village That got us off to a good start.

Later, the reluctant but still significant support provided by Manningham City Council in the form of accommodation at Templestowe Village where for the first time we had an easily accessible office.

The willingness of Manningham City Council (MCC) to charge us accommodation rates that we could afford to pay, partly in recognition of the service we were providing to older people in Manningham.

The obligation of MCC to provide the Learning Centre with accommodation so that it could be moved from its site in Springvale Road, Donvale providing us, with our need to have better accommodation, with an opportunity to be piggy-backed on their move.

**And while all of that was going on, our leaders were doing their utmost to find ways of coping with our increasing numbers. Significant contributions by our leaders were**

1. Recognition of the valuable work being done by our volunteer tutors, in the form of an annual lunch and praise for the work they were doing. Started in 1993 by COM. Continued ever since and supplemented by recognition of work being done by other groups.
2. Establishment of a computerised database that enabled membership enrolments, class lists and attendance rolls to be printed easily – started in 1997 by our office staff soon after our move to the Templestowe Leisure Centre, developed further in 2000 when our web site was first established.
3. Survey of member and tutor opinion – democracy at work. Started in 1993, repeated in 1995, 1997, and in later years
4. In 1996 the decision was made to establish a class representatives system to support the course committee.
5. A volunteers system and database were set up in 1999 and enabled ready identification of members with skills appropriate to leadership positions. In 2000 we had over 700 members and 97% of them offered to do something for our organisation. This was an excellent development because it gave us the opportunity to approach people who appeared to have the skills and the willingness to take positions of responsibility.

**By 2001, ten years after we started, MannU3A was an excellent example of democracy at work** – members were beginning to feel that they were an important part of the organisation, their opinions counted, MannU3A was **their** organisation.

Equally important was the fact that members were benefiting from their membership – for many of them their lives had changed.

I am fond of a poem from the Water Babies by Charles Kingsley which describes how our lives change as we grow older.

When all the world is young, lad,  
And all the trees are green;  
And every goose a swan, lad,  
And every lass a queen;  
Then hey for boot and horse, lad,  
And round the world away:  
Young blood must have its course, lad,  
And every dog his day.

When all the world is old, lad,  
And all the trees are brown;  
And all the sport is stale, lad,  
And all the wheels run down;  
Creep home, and take your place there,  
The spent and maimed among:  
God grant you find one face there,  
You loved when the world was young.

Many of our members were suffering due to illness or the loss of loved ones. By coming to our classes they were making new friends and finding companionship that may otherwise have been missing. Mann U3A was filling gaps in their lives.

**In ten years we had created an unusual organisation**, an organisation that

- 1) thinks about its members and tries to make life easy and enjoyable for them,
- 2) thinks about its volunteers - its tutors, leaders and others who work in so many different ways - and shows its appreciation for their efforts,
- 3) is a leader in its field.

**This is an organisation that has a distinctive Manningham U3A ethos – our morality – our community spirit – a set of un-written rules that we follow – a feeling of community that is unusual in organisations of older people**

Many of us do not realise that within MannU3A we behave differently. Most of us have somehow, without realising it, learned to change our behaviour by some sort of osmotic process.

We are members of an organisation run by and for volunteers. That is very different from an organisation consisting of employees. **Volunteers must be treated differently – democratically.** Autocratic behaviour can lead to problems except, perhaps, if you are a tutor as many tutors see autocracy as a way of life. A volunteer's work needs to be acknowledged and appreciated and ways found to ensure that any failing responsibilities are taken care of.



The success of our organisation has always been the product of the work of our volunteers and that will continue to be so because it is a formula for success..

**We are a distinctive and unique organisation. A U3A. As members we welcome contact with members of other U3As, knowing that we have much in common with them and we can offer each other friendship and companionship, even if only for a short time. The U3A brotherhood is world wide and we are pleased to be part of it.**

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