

Part 2: Our Odyssey Continues

This is the story of the first ten years 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. Twenty-five 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.

This is Part 1 of the story of Manningham U3A. The story of the first ten years is told in detail in the publication *1991-2001 A Decade of Achievement* and that publication and other source material were used to write this part of the Manningham U3A story.

Part 2 covers the years 2001 to 2008.

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. 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.

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Readers seeking access to copies of original documents should access the Project Archive.

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Manningham U3A at the end of 2000

Reviewing the U3A's history there can be no doubt about the reasons for the dramatic growth, and the sense of collegiality and joy in learning and working together. **Our courses were meeting the needs of so many of our members, members of the Third Age.** They were meeting our desire to go on learning, to accept challenges, to learn in circumstances conducive to this and to learn along with companions (tutors and fellow students) who share the same desire for and joy in learning.

Other contributing factors for Manningham U3A's success would seem to have been as follows.

Three outstanding presidents who provided strong leadership and showed considerable fore-sight in shaping an organization and a structure which provided members with ample learning and positive interactive opportunities.

Bruce Drury was president for only a few months but he showed the importance, in that time, of reviewing and refining arrangements to better meet the needs of members.

Neville Heffernan served as Acting President and President from June 1992 till October 1998. In those years the organization experienced tremendous growth.

The issues to be dealt with included refining and developing new administrative structures, seeking adequate and suitable accommodation, and establishing a firm financial basis. These last two issues needed further consideration as they had negative effects over the last five years.

Heather Ambrose was President in 1999 to 2001. Despite the difficulties associated with meeting rental costs and finding suitable accommodation, under her leadership the organization continued to improve.

The subcommittee structures were working well, the level of volunteering was exceedingly high. Interestingly, the Presidents were also tutors. Bruce was tutor of the Travel group, Neville had been tutor of Italian since 1991 and Heather had offered Psychology courses since 1995.

Two issues which continued to limit the organization were still to be solved. They were the finding of suitable, affordable accommodation which allowed classes and administration to be consolidated on one site, and the establishment of a secure financial base. Renting accommodation was the organization's major expenditure. It was expected to absorb over 89% of the income for 2001. Despite this, the three presidents, strongly supported by their committee members, kept the organization on track and progressing. The innovative ideas arising from individual subcommittees and the dedicated commitment of members to put these ideas into practice were also very positive influences.

Support from outside the organization.

In the early years Templestowe Orchards Retirement Village Management Committee gave valuable support with the provision of accommodation for classes and an office.

Throughout the years, Manningham City Council gave substantial assistance through subsidized rental arrangements. Without this the organization would have found it very difficult to continue. Further support was received from Cr. Julie Eisenbise and Cr. Bill Larkin who in who in past years gave grants to buy equipment. This support was very much appreciated. The financial support from Adult, Community and Further Education, a Victorian Government entity, must also be acknowledged.

Much appreciated support with printing had been provided by the office of Kevin Andrews, M.P. Victor Perton M.P. had also provided financial support. In addition, in more recent years, local businesses assisted by sponsoring the production of brochures and newsletters

Other factors contributing to the success of Manningham U3A over the first ten years included:

1. The continuing review and refinement of procedures and structures.

Some examples are changes in the Management Committee size and structure over the years, the development of sub-committees, the creation of Positions of Responsibility and the changes in enrolment procedures.

2. The generosity of members who gave unstintingly of their time and energy.

The fact that 97% of members volunteered to undertake responsibilities involved in making the organization run and run well is truly impressive. This sharing of responsibilities served to create a wonderful sense of shared ownership and heightened collegiality.

3. The tutors who provided the classes and learning opportunities.

Their contribution over the years must be particularly commended. Some idea of the level of their contribution may be gauged from the report of the statistician that for the year 2000, with the 83+ courses offered, there were approximately 7795 program hours, 1580 enrollees and 137,829 student/tutor contact hours.

Special mention should be made of the four tutors who had conducted classes since the first in 1991. They are Dawn and Neville Heffernan, Pearl Lubansky and Barbara Haye. A number of others also made significant contributions.

4. The realization and acknowledgement by the Management Committee of the contributions made by members.

This done by building into the year's timetable occasions to thank and celebrate this contribution, occasions such as Lunches, Morning teas, the Christmas function and Special Events such as Outside Speakers.

The Management Committee found opportunities to 'show-case' outstanding achievements of members, for example through displays (such as the involvement at Retirement Living Expo), demonstrations, talks and the publication of 'Autumn Leaves'.

5. Innovative practices have been encouraged.

These included:

- Extending the range and variety of classes available to members, for example commencing the Computer Users' Group, the 'Eating Out With Friends' group and the development of courses such as Positive Aging.
- Introducing the Class Representative arrangements.
- Encouraging members to become volunteers and in so doing sharing with them the ownership of the organisation.
- Providing tutors of Computer classes with assistants to better promote effective learning.
- Maintaining an active and practical involvement in the community as described in Outreach.

In the introduction to this record, two questions were asked - Why the dramatic growth? and Why the sense of collegiality and joy in learning and working together?

A number of contributing factors have been identified. You have probably identified others. It is evident that we have been exceptionally fortunate.

By the end of 2000 we had much to be proud of, much to celebrate and much more learning to do.

Progress from 2001 to 2008

What happened during 2001 has been detailed in Part1 - A Decade of Achievement. Much of what was said there is repeated here as background to what happened in 2002.

2001



Committee Office bearers were; Heather Ambrose, President; Bridget Halge, Vice President; Judy Downie, Secretary; and Dermott Kearney, Treasurer. [The full committee](#) had three additional ordinary members.

With the resignation of Judy Downie in January to return to the paid work force, Audrey Killey agreed to fill the position of Secretary.

The number of members was 723 and the number of [courses on offer](#) was now 82.

The year 2001 was a very significant year for Manningham U3A. In the first instance, it was the International Year of Volunteers. A year this organization could truly celebrate as its innovative approach to obtaining volunteers has been so successful.

Then also it was Manningham U3A's tenth anniversary. In July it would be ten years since the public meeting which was held to sound out residents' interest in the establishment of a local U3A. A very significant meeting indeed. A special program, which included the launch of this book recording the organization's history, was planned to mark this occasion. A celebratory luncheon was held for committee members, tutors and invited guests and was followed by an address from Barry Jones MHR to which all members were invited.

In January, the year started well for the organization with President Heather Ambrose receiving an Australia Day Award from Kevin Andrews, Federal Member for Menzies. This was bestowed for her leadership and dedicated service to Manningham U3A as its course coordinator for two years, general secretary for two years and now in her third year as president, ensuring a constantly developing and vital activity for more than 600 residents of Menzies.

In addition she has been tutor in Psychology for six years conducting two classes each week'.

In receiving this award, Heather joined the group of outstanding contributors to U3A who had in previous years also received a Menzies Australia Day Award; these were: Neville Heffernan, Les Dale, Bill North and Margaret Scott Pross.

Ken Goodman was awarded Life Membership for his work as President of the steering committee that set up the Doncaster and Templestowe U3A in 1991.

The new enrolment arrangements worked splendidly and with a few refinements are expected to be even more efficient next year.

By May, membership numbers were in excess of 700.

The response to requests for volunteers was extremely encouraging with 97% of members offering to do something for the organization this year. A truly remarkable response.

83 courses were offered at the commencement of the year. Eating Out With Friends began early in the year and additional courses including Bird Watching, Singing For Pleasure and Folk Art are being offered in Term 3.

Sponsors were found to pay for brochure and newsletter production.

The Migrant English program was introduced following the discovery that Manningham migrants were under-represented at Manningham U3A. A program to train volunteer tutors was introduced and taught by trainers from Australian Multicultural Education Services (AMES).

In March, members from Family History, Drawing and Pastels, Calligraphy and Marquetry demonstrated their skills and showed their work at the new Retirement Living Expo held at the Melbourne Exhibition Building. Photographs taken by Bill George of various classes in action proved very effective in conveying to visitors an understanding of the wide range of courses Manningham U3A offers. In addition, a videotape of a number of our classes made by Val Melville was shown there and created a lot of interest.

Early in 2001 Les Dale and Jack Darmody, with the support of the City of Manningham and the Senior Citizens Reference Group, conducted a survey of community activities of older people in the City of Manningham. Their report was effective in Making Manningham City Council more aware of the desires of older people to continue to be active members of their community groups.

In May, the Treasurer reported that the year had started with finances in good condition. Renting accommodation was our major expenditure and a significant increase in the cost of classroom accommodation was expected through the year.

In the May Newsletter, the Courses Convenor, Evelyne Perks referred to the International Year of Volunteers and the Manningham U3A as a fine example of how successfully an organization can work on this basis. . She thanked everyone involved, particularly the tutors. She suggested that 'Monash University's motto 'ancora imparo' (I am still learning) applies equally to our U3A.

2002



In 2002 (after the AGM on 12 September), 2003 and 2004 the Committee of Management consisted of the same people. They were: President Bridget Halge, Vice-President David Farrar, Treasurer Noel Wright, Secretary Audrey Killey and the committee comprising Heather Ambrose, Ron Clarke – Computer Operations and Equipment, Rosemary Flora – Enrolment Short Courses, David Silver – Communications, and Dawn Walker – Office Management.

There were many volunteers in [positions of responsibility](#).

At the AGM in September it was reported that there were over 860 members and 94 [courses](#).

Following a survey of members in October 2001, three projects were introduced to address perceived needs. One addressed the needs of people from non-English speaking backgrounds, one for people with disabilities and one to develop materials to enable isolated people to learn basic computer operation.

A grant of \$8977 was received from the Adult, Community and Further Education Board. Two grants were received from Manningham City Council, one of \$3387 for the project for people of non-English speaking background, the other of \$2000 for people with disabilities.

Discussions were held with Council re the proposal to build a new centre for Manningham U3A and Donvale Living and Learning Centre behind the Pines shopping centre.

Barbara Haye and Lesley Thomas were presented with Menzies Australia Day Awards.

2003

In 2003 the Committee of Management consisted of the same people as in 2002. They were President Bridget Halge, Vice-President David Farrar, Treasurer Noel Wright, Secretary Audrey Killey and the committee comprising Heather Ambrose – Volunteers/Class Reps, Ron Clarke – Computer Operations/Equipment, Rosemary Flora - Curriculum, David Silver – Newsletter/Office Manager Assistant and Dawn Walker – Office Management/Enrolment.

Many volunteers held [Positions of Responsibility](#) in 2003 and they were assisted by many others.

At the AGM in September it was reported that there were 860 members and 94 [courses](#).

A grant of \$8002 was received from the Adult, Community and Further Education Board for our computer classes, strength training and three special projects. Human Services provided \$3400 for further resources for the migrant English program. The Learn Computing program received \$5000 from the Department of Ageing. Rotary offered a grant of \$1000 for further resources for our Migrant English program.

A pleasing development was the introduction of our own Strength Training program.

Kevin Andrews, Federal Minister for the Ageing, launched Manningham U3A's Learn Computing CD. It advent had a good reception in Victoria and interstate.

Heather Ambrose was given a Distinguished Service Award by the U3A Network.

Dermot Kearney received a Kevin Andrews Australia Day award.

Deirdre Meredith, Secretary of the U3A Network, reported that Victoria now had 66 U3As with another 14 under development and a total of approximately 1700 members.

In April the Federal Government awarded Centenary Medals to Esme Chapple, Les Dale and Audrey Killey for their services to the community.

In December 20 members of the Hong Kong Council of Social Services visited. They were investigating the possibility of establishing something like the U3A movement in Hong Kong.

2004

In 2004 the Committee of Management consisted of the same people as in 2003.

They were President Bridget Halge, Vice-President David Farrar, Treasurer Noel Wright, Secretary Audrey Killey and the committee comprising Heather Ambrose, Ron Clarke, Rosemary Flora, David Silver and Dawn Walker.

There were approximately 1000 members at the time of the AGM which was held on 14 September,

The number of [courses](#) had once again increased.

The biggest problem reported at the AGM was the cost of accommodation which was taking 87% of the income.

ACFE located \$10,000 to us for this year. In the future there will be a change in the government funding arrangements. Instead of funds being allocated to each U3A by ACFE a lump sum would go to U3ANetwork which would then allocate to the Victorian U3As. A grant from ACFE enabled the purchase of Phonic Ear Equipment (Hearing Loop) to assist members with hearing loss.

Early in the year Council was asked to provide two portable classrooms on the present site to ease our accommodation and office problems. Council investigated the feasibility of doing this and reported that appropriate space on the site was not available. Later in the year Council decided to go ahead with The Pines development at an estimated cost of \$4.6 million.

A local newspaper published a photo of our crowded office. Those present, from left to right, are Bridget Halge, yet to be identified, Margaret Scott Pross, Lyn Torrens, Rosemary Flora, yet to be identified.



The Writers' Group launched *Autumn Leaves* with the assistance of Bud Tingwell.

Barbara Hall and Peter Nash were given Menzies Australia Day awards.

2005

New members were elected to the Committee of Management at the AGM on 15 September.

Bridget Halge - President, David Farrar - Vice President, Audrey Killey - Secretary, Noel Wright - Treasurer, Heather Ambrose - Volunteers, Ron Clark - Computers/Equipment Purchase, Rosemary Flora - Curriculum Coordinator, David Silver - Newsletter/Audit, Dawn Walker - Office Administration.

Many members were volunteers with [Positions of Responsibility](#), assisted by many other volunteers.

At the time of the AGM – 15 September - there were over 1000 members and around 120 [courses](#).

Membership was kept at \$40 despite rising costs.

Planning for the new building at The Pines was proceeding rapidly with floor plans reaching finality. U3A had been given every opportunity to participate and comment on the draft plans and it was felt that the building would be excellent for our needs.

At the AGM Heather Ambrose was awarded Life Membership.

Elaine and Norm Dodds and Pearl Lubansky received Menzies Australia Day awards.

2006

At the start of the year the Committee of Management consisted of the following.

Bridget Halge – President, David Farrar - Vice President, Audrey Killey – Secretary,

Noel Wright – Treasurer, David Jenz – Enrolments, Bill Rennie – Equipment Purchase and Repairs, Rosemary Flora – Curriculum Coordinator, Peter Rive – Promotions and Publications, Val Evans – Office Administration.

Many members were in [Positions of Responsibility](#) assisted by many others.

At the AGM on 29 August there were 1184 members and 141 [courses](#).



A new Committee of Management was elected at the AGM on 29 August, with David Jenz - President, Bridget Halge - Vice President, Audrey Killey - Secretary, Bryce Normoyle - Treasurer. Other members were Joy Cole – Publications and Policy, Tanya Gogorosis - Curriculum Coordinator, Val Evans - Office Administration and Minutes, Bill Rennie - Equipment Purchasing and Property Maintenance.

At the Tutor's Lunch on 31 July Lance Peters gave a report on the **results of the Members Survey** that he conducted in April 2006. He received 1,083 returns, most of which were very complimentary. He found that 75% of our members are women and our oldest member is 95. Course content was rated very high with 96% saying very good or excellent. Presentation was rated similarly by 93%. Length of course was found appropriate with the rider that "it always seems too short". "Do you have trouble with ..." revealed healthy satisfaction with only 13% saying that they had problems with hearing, vision, mobility or moving equipment.

Grants were received from the Network (\$9000) and Cr Bill Larkin (\$3000).

Planning for the new building reached finality with a contract for its construction to be awarded in September. Completion date is December 2007.

Dawn Heffernan, Leong Kwok and David Lording received Menzies Australia Day awards.

2007

Members of the Committee of Management were as follows.

David Jenz - President, Bridget Halge - Vice President, Audrey Killey - Secretary,

Bryce Normoyle - Treasurer. Other members were Joy Cole – Publications and Policy, Tanya Gogorosis - Curriculum Coordinator, Val Evans - Office Administration and Minutes, Bill Rennie - Equipment Purchasing and Property Maintenance.

Many volunteers held [Positions of Responsibility](#), assisted by many others.

Once again the number of [courses](#) had increased.

During 2006 a [Strategic Plan](#) was developed to be a guide for the next five years. It was finalised in May 2007.

Moira Axtens, Bridget Halge and Pearl Lubansky received Recognition Awards during Seniors Week late in 2006.

Moira Axtens and Noel Wright received Menzies Australia Day awards in January.

Margaret Scott Pross and Paul O'Connor received Menzies Australia Day awards for their work with other organisations.

Bridget Halge received the award of Manningham City Council's Volunteer of the Year.

The 10th edition of Autumn Leaves was published in October and is the final edition of that series of publications.

At the AGM Bridget Halge was awarded Life Membership of Manningham U3A. Many people spoke in praise of Bridget's work for Manningham U3A over more than ten years. She was commended for her work as President over the past four years, for her initiation and continued assistance to the Migrant English program, for her initiative in starting Strength Training and her continued support of that group, for her initiation of the Volunteer system and its continued success, and for her role on the Site Committee attending all meetings with Council and ensuring that U3A's point of view was well known.

This was the last year at the Templestowe Leisure Centre and at the end of the year the coming departure was celebrated by an end-of-year concert in the Memorial Hall followed by a party in the Function Room.

2008

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

Other COM members were Val Evans – Office Administration, Tanya Gogorosis - Curriculum, Bill Rennie – Equipment Purchase and Repairs, Joy Cole – Publications and Publicity

Many volunteers held [Positions of Responsibility](#), supported by many other members.

There were 1353 members and 135 [courses](#), 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 Jenz, 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.

Evelyne Perks and David Silver received Menzies Community Australia Day Awards.

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 U3A Carnival of Learning was conducted at Federation Square on 5 October, organised by U3A Network. Marquees were set up to display the activities of a number of Victorian U3As. Our organisers were Joy Cole, Ron McQuade and Peter Nash.

The story of our voyage from 2002 to 2008, *Our Odyssey Continues*, was launched on 21 October.

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.

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 30th 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 31st 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.

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.

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Management Committee, 2001

Heather Ambrose, President; Bridget Halge, Vice President; Judy Downie, Secretary; Dermott Kearney, Treasurer; Ordinary members: David Silver (External Communication and Property), Roland Authier (Computer Management) and Betty Ellis (Office Administration). Judy Downie resigned in January to return to the paid work force. Audrey Killey agreed to fill the Secretary's position.

[Back to 2001](#)

Courses and Tutors, 2001

About Ourselves

Family History	Jan Mitchell
Jung Studies	Leslie Catt
Maintaining Independence	Leslie Dale
Meditation	Gordon Dobbs
Psychology (Green)	Heather Ambrose
Psychology (Red)	Heather Ambrose
The Living Kabbalah	Gordon Dobbs

About Our World

Aboriginal Studies	Margaret Graham
Australian History – Different Times	Des Thornton
Behind the News	John Moore
Bird Watching	Jennifer Hood
Biology	To be advised
Cosmology – A Study of Our Very Strange Universe	David Hertan
Current Affairs	Paul Galambos
Film Appreciation	Jenny Hoffman
Financial Planning and Management	Milton Toal
International Cookery	Nina Nicoletti
Indian History – Excursions into the Past	Barbara Haye
Local History	Judith Leaney
Social Philosophy	Dawn Heffernan
Social Anthropology – The Social Organisation of Small Scale Societies	Ione Fett
Understanding Change in Society	Paul Buckingham
Understanding the Stockmarket	John Corcoran

Computing

Computer – Beginners A	Don McKelvie
Computer – Beginners B	Peter Nash
Computer – Desktop Publishing - MS Publisher	Barbara Hall
Computer – Excel (Spreadsheets)	Leong Kwok
Computer – Housekeeping 1	Les Dale
Computer - Housekeeping 2	Leong Kwok
Computer – Intermediate (Word)	Barbara Hall
Computer – Internet for Beginners	Peter Bishop
Computer – MS Access (Database)t	Barbara Hall
Computer Users' Group	Ron Clark

Creative Arts

Art Appreciation – Australian Art	Pearl Lubansky
Calligraphy - Beginners	Vivian Halge
Calligraphy - Advanced	Adelle Harries
Creative Embroidery	Jean Froude
Drawing and Pastels - Beginners	Adelle Harries
Drawing and Pastels - Advanced	Adelle Harries
Embroidery for Beginners	Desiree Higgins
Handcraft	Carmen Woodward
History & Appreciation of Music	David Lording
Leadlight Making	Irina Pupedis
Marquetry	Ian Hadfield
Painting with Acrylics and Gouache	Bernadine Williams
Painting with Oils	Anna De Jonk
Recorder Group	Heather Ambrose
UFOs	Rose Curmi
Watercolour Painting	Jan Palmer
Watercolour Painting – Self Help	Jeff Brown

English: Written and Spoken

Book Discussion Group	Evelyne Perks
Creative Writing Workshop	Kathleen Herron
Reading for Pleasure	Pamela Bennetts/Margaret Murphy
The Written Word	Jack Bayliss

Friendship Group

Dining Out with Friends	Les Dale
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Games and Hobbies

Chess	Frank Pennells
Contract Bridge – Advanced & Beginners	Doug Murphy/Kaye Thompson
Mah Jong	Lesley Thomas
Scrabble	Winnie Pennells

Health and Fitness

Ballroom Dancing	Ethel Fredericks/Patrick Khaw
First Aid and CPR	Pauline Wright
Food Glorious Food	Clive Scott
Scrabble	Winnie Pennells
Healing Your Mind, Body and Spirit	Corale Taylor
Low Impact Exercise	Moira Axtens
Petanque – French Bowls	Irene Scott
Table Tennis	John Anson
Tai Chi (Qigong Shibashi – 18 movements)	Angelina Chung
Tai Chi (Beijing 24)	Angelina Chung
Tennis	Heather Ambrose
Walking for Fitness	Don McKelvie
Walking for Health and Pleasure	Bruce Ford
Yoga A, B and C – A continuing study	Lesley Catt
Yoga for the Not So Supple	Lorna Andreassen
Yoga – Hatha	Pat Taplin

Languages

Chinese - Advanced	Linda Chin
French 1	Henry Zimmerman
French 2	Henry Zimmerman
French Conversation – Beginners	Yola Sherry
French Conversation – Advanced	Yola Sherry
German	Henry Zimmerman
Italian 1	Neville Heffernan
Italian 2	Neville Heffernan
Italian Self Help	Tullio Martino

[Back to 2001](#)

2002 Volunteers in Positions of responsibility

- assisted by many others

Evelyne Perkes	Course Convenor
Lyn Torrens	Enrolment
Norm and Elaine Dodds	Membership Enrolment
Thea Smith	Banking/Enrolments
Leong Kwok	Computer Programs
Don McKelvie	Computer Hardware
Moira Axtens	Class Reps
Pat Smith	Special Projects/Migrant Ed
Pearl Lubansky	Special Projects/Disability
Les Dale	Special Projects/Computer Tuition
Margaret Scott Pross	Publicity
Ann Turner	Newsletter Printer/Distributor
Margot Roth	Newsletter Editor
Peter McQuie	Newsletter/Brochure Formatter
Trish Renfree	Office Roster
Billie Thorburn	Office Emergency Roster
Pat Baddeley	Office Emergency Roster
Helen Field	Office Emergency Roster
Graham and Helen Field	Brochure Distribution
Tom Wright	Name Tags
Deirdre Meredith	Office Supplies
Kirsten Cunningham Collins	Catering
Shirley Fitzsimons	Kitchen Supplies
John Anson	Equipment

[Back to 2002](#)

Courses and Tutors, 2002

About Ourselves

Eating Out with Friends	Leslie Dale
Family History	Jan Mitchell
Maintaining Independence	Leslie Dale
Meditation	John Fairbrass
Social Philosophy	Dawn Heffernan
Psychology Discussion Group (Red)	Heather Ambrose
Psychology Discussion Group (Green)	Heather Ambrose

About Our World

Australian History – A New Bracket	Des Thornton
Behind the News	John Moore
Bird Watching A	Jennifer Hood
Bird Watching B	Jennifer Hood
Biology	To be advised
Cosmology – For Everyone	David Hertan
Current Affairs	Paul Galambos
Earth Science/Topical Science	Ian Hawkins
Film Appreciation	Jenny Hoffman
International Cookery A	Nina Nicoletti
International Cookery B	Nina Nicoletti
Managing Money Made Simple	Sally Rennie
Monthly Talks with Visiting Speakers	
Series A – Topics of General Interest to Members	
Series B – Aboriginal Issues	
Social Philosophy	Dawn Heffernan
Social Anthropology – The Social Organisation of Small Scale Societies	Ione Fett
Understanding the Stockmarket - Beginners	John Corcoran
Understanding the Stockmarket - Advanced	John Corcoran

Computing

Computers – Beginners A	Don McKelvie
Computer – Beginners B	Peter Nash
Computer – Excel (Spreadsheets)	Leong Kwok
Computer – Housekeeping	Peter Nash
Computer – Intermediate (Word)	Barbara Hall
Computer – Internet for Beginners	Peter Bishop
Computer – MS Publisher	Barbara Hall
Computer – PC Friendly – Beginners	Peter Nash
Computer – PC Friendly – Continued	Peter Nash
Computer – MS Access (Database)	Barbara Hall
Computer Users' Group	Ron Clark

Creative Arts

Art Appreciation – Australian Art	Pearl Lubansky
Calligraphy - Beginners	Roy Griffin
Calligraphy - Advanced	Adelle Harries
Counted Cross Stitch	Carmen Woodward
Creative Embroidery	Joanna Eden
Drawing - Beginners	Adelle Harries
Drawing and Pastels - Intermediate	Merilyn Phillips

Drawing and Pastels - Advanced
Embroidery for Beginners
Folk Art
Handcraft
History & Appreciation of Music
Jazz
Leadlight Making
Marquetry – Self Help
Painting with Acrylics – Self Help
Painting in Oils
Recorder Group
Singing for Pleasure
UFOs
Watercolour Painting
Watercolour Painting – Self Help

Adelle Harries
Desiree Higgins
Bernadine Williams
Carmen Woodward
Alan Farrar
Alan Farrar
Irina Pupedis
Lindsay Roberts
Bernadine Williams
Anna De Jonk
Janet Pelzer
Beryl Nichols
Rose Curmi
Jan Palmer
Jeff Brown

English: Written and Spoken

Book Discussion Group
Creative Writing Workshop
Literature of “The British Raj”
Reading for Pleasure
The Written Word

Evelyne Perks
Kathleen Herron
Barbara Haye
Margaret Murphy/Pam Bennetts
Jack Bayliss

Games and Hobbies

Chess
Contract Bridge – Beginners
Contract Bridge – Advanced
Mah Jong
Scrabble

Steve Weston
Kaye Thompson
Doug Murphy
Lesley Thomas
Jill Doyle

Health and Fitness

Ballroom Dancing
Food Glorious Food
Scrabble
Healing Your Mind, Body and Spirit
Low Impact Exercise A
Low Impact Exercise B
Petanque – French Bowls
Table Tennis
Tai Chi for Arthritis
Tai Chi - Revision
Tennis
Walking for Fitness
Walking for Health and Pleasure
Yoga for the Not So Supple A
Yoga for the Not So Supple B
Yoga (Hatha)
Yoga (Hatha) A – Beginners
Yoga (Hatha) B
Yoga (Hatha) C – For Continuing Yoga Students

Ethel Fredericks/Patrick Khaw
Clive Scott
Winnie Pennells
Corale Taylor
Moira Axtens
Moira Axtens
Irene Scott
John Anson
Angela Chung
Angela Chung
Heather Ambrose
Don McKelvie
Bruce Ford
Lorna Andreassen
Lorna Andreassen
Pat Taplin
Leslie Catt
Leslie Catt
Leslie Catt

Languages

Chinese - Advanced	Linda Chin
French 1	Henry Zimmerman
French 2	Henry Zimmerman
French Conversation – Beginners	Yola Sherry
French Conversation – Advanced	Yola Sherry
German	Henry Zimmerman
Italian 1	Neville Heffernan
Italian 2	Neville Heffernan
Italian Self Help	John Gutteridge

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Volunteers in Positions of Responsibility in 2003

Enrolments and Data

Lyn Torrens	Enrolment Officer
Norm and Elaine Dodds	Enrolment Process
Thea Smith	Enrolment Banking Officer
Leong Kwok	Programmer/Website
Don McKelvie	Computer Hardware Maintenance

Office Administration

Deirdre Meredith	Office Manager/Office Supplies
Marjorie Newitt	Office Roster/Replacements Term 1
Pat Baddeley	Office Duty Replacements Term 2
Billie Thorburn	Office Duty Replacements Term 3
Helen Field	Office Duty Replacements Term 4
Peter Bryce	ACFE Representative
John Anson	Equipment Repairs
Tom Wright	Name Tags

Programs

David Jenz	Courses Convenor
Maureen Mitchell	Courses Convenor
Dorothy Wright	Short Courses
Les Dale	Learn Computing Program
Pat Smith	Migrant English Program
Pearl Lubansky	People with Special Needs Program

Publicity and Promotions, and Publications

Graham and Helen Field	Brochure Distribution
Ann Turner	Newsletters
Margot Roth	Newsletter Editor
Peter McQuie	Newsletter/Brochure Formatter
Peter Nash	Promotions
Margaret Scott Pross	Publicity
Ho and Chai Ng	Sponsorship

Catering

Kirsten C Collins	Catering – Special Functions
Shirley Fitzsimons	Kitchen Supplies

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Courses 2003

MANNINGHAM U3A – 2003 COURSES

Art Appreciation

Pearl Lubansky

Thu 1:00-2:30 Wk 1,3 Terms: 1,2,3,4

Badminton

Evelyne Perks

Wed 10:30-12:30 Wk 2,4 Terms: 1,2,3,4

Ballroom Dancing Beginners

Ethel Fredericks

Mon 2:30-3:30 Weekly Terms: 1,2,3,4

Ballroom Dancing Intermediate

Patrick Khaw

Mon 1:00-2:30 Weekly Terms: 1,2,3,4

Behind The News

John Moore

Fri 1:00-2:30 Weekly Terms: 1,2,3,4

Bird Watching

Jennifer Flood

Tue 9:30-11:00 Wk 4 Terms: 1,2,3,4

Book Discussion Group

Evelyne Perks

Wed 2:00-3:30 Wk 3 Terms: 1,2,3,4

Bridge - Contract

Douglas Murphy

Tue 1:00-4:00 Weekly Terms: 1,2,3,4

Bridge Beginners

Nena Reid

Tue 9:00-10:45 Weekly Terms: 2,3,4

Calligraphy - Advanced

Adelle Harries

Wed 11:00-12:30 Weekly Terms: 1,2,3,4

Calligraphy - Beginners

Roy Griffin

Wed 11:00-12:30 Weekly Terms: 1,2,3,4

Chinese Advanced

Linda Chin

Tue 1:00-2:30 Weekly Terms: 1,2,3,4

Computer Users

Barbara Hall

Mon 1:00-2:30 Wk 2,4 Terms: 1,2,3,4

Computers - Access

Barbara Hall

Wed 4:00-5:30 Weekly Terms: 2

Computers - An Introduction Term 1A

Don McKelvie

Wed 11:30-1:00 Weekly Terms: 1

Computers - An Introduction Term 1B

Don McKelvie

Wed 11:30-1:00 Weekly Terms: 1

Computers - An Introduction Term 2A

Don McKelvie

Wed 11:30-1:00 Weekly Terms: 2

Computers - An Introduction Term 2B

Don McKelvie

Wed 11:30-1:00 Weekly Terms: 2

Computers - An Introduction Term 3A

Don McKelvie

Wed 11:30-1:00 Weekly Terms: 3

Computers - An Introduction Term 3B

Don McKelvie

Wed 11:30-1:00 Weekly Terms: 3

Computers - An Introduction Term 4A

Don McKelvie

Wed 11:30-1:00 Weekly Terms: 4

Computers - An Introduction Term 4B

Don McKelvie

Wed 11:30-1:00 Weekly Terms: 4

Computers - Basics For Beginners T2Nash

Peter Nash

Tue 11:30-1:00 Weekly Terms: 2

Computers - Basics For Beginners Term 1

Kent Garland

Mon 4:00 -5:30 Weekly Terms: 1

Computers - Basics for Beginners Term 2

Kent Garland

Mon 4:00-5:30 Weekly Terms: 2

Computers - Basics For Beginners Term 3

Kent Garland

Mon 4:00-5:30 Weekly Terms: 3

Computers - Basics For Beginners Term 4A

Kent Garland

Mon 4:00-5:30 Weekly Terms: 4

Computers - Efficient Use Term 1

Peter Nash

Thu 4:00-5:30 Weekly Terms: 1

Computers - Efficient Use Term 3

Peter Nash

Thu 4:00-5:30 Weekly Terms: 3

Computers - Powerpoint Term 1

Tue 4:00-5:30 Weekly Terms: 1

Computers - Powerpoint Term 2

Barry Klein

Tue 4:00-5:30 Weekly Terms: 2

Computers - Windows 98 Term 2

Peter Nash

Thu 4:00-5:30 Weekly Terms: 2

Computers - Windows 98 Term 4

Peter Nash

Thu 4:00-5:30 Weekly Terms: 4

Computers Excel Term3

Leong Kwok

Tue 4:00-5:30 Weekly Terms: 3

Computers Excel Term4

Leong Kwok

Tue 4:00-5:30 Weekly Terms: 4

Computers Intermediate Word Term 1

Barbara Hall

Wed 4:00-5:30 Weekly Terms: 1

Computers Intermediate Word Term 4

Barbara Hall

Wed 4:00-5:30 Weekly Terms: 4

Computers Internet Level 1Term 1

Peter Bishop

Thu 9:15-10:45 Weekly Terms: 1

Computers Internet Level 1Term 2

Frank Stafrace

Thu 9:15-10:45 Weekly Terms: 2

Computers Internet Level 1Term 3

Frank Stafrace

Thu 9:15-10:45 Weekly Terms: 3

Computers Internet Level 1 Term 4

Frank Stafrace

Thu 9:15-10:45 Weekly Terms: 4

Computers Internet Level 2 Term 1

Peter Bishop

Wed 9:15 -10:45 Weekly Terms: 1

Computers Internet Level 2 Term 2

Peter Bishop

Wed 9:15-10:45 Weekly Terms: 2

Computers Internet Level 2 Term 3

Peter Bishop

Wed 9:15-10:45 Weekly Terms: 3

Computers Internet Level 2 Term 4

Peter Bishop

Wed 9:15-10:45 Weekly Terms: 4

Computers MS Publisher

Barbara Hall

Wed 4:00-5:30 Weekly Terms: 3

Cooking International A

Gaetana Nicoletti

Tue 11:00-1:00 Wk 3 Terms: 1,2,3,4

Cooking International B

Gaetana Nicoletti

Tue 11:00-1:00 Wk 4 Terms: 1,2,3,4

Current Affairs

Paul Galambos

Tue 1:00-2:30 Weekly Terms: 1,2,3,4

Drawing & Pastels A

Adelle Harries

Fri 11:00-1:00 Weekly Terms: 1,2,3,4

Drawing & Pastels B

Merilyn Phillips

Mon 11:00-1:00 Weekly Terms: 1,2,3,4

Drawing & Pastels C

Adelle Harries

Mon 11:00-1:00 Weekly Terms: 1,2,3,4

Eating Out with Friends

Hazel Ferguson

Wed 7:00-10:00 Wk 3 Terms: 1,2,3,4

Embroidery - Beginners

Desiree Higgins

Tue 11:00-1:00 Weekly Terms: 1,2,3,4

Embroidery - Counted Cross Stitch

Carmen Woodward

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

Embroidery - Creative

Joanna Eden

Tue 11:00-1:00 Weekly Terms: 1,2,3,4

Embroidery - Temari - T4

Maria Galambos

Mon 1:00-2:30 Weekly Terms: 4

Embroidery Temari

Maria Galambos

Mon 1:00-2:30 Weekly Terms: 2

Exercise - Low Impact A

Moira Axtens

Tue 9:00-10:00 Weekly Terms: 1,2,3,4

Exercise - Low Impact B

Moira Axtens

Tue 10:15-11:15 Weekly

Family History

Jan Mitchell

Mon 11:00-12:30 Wk 1,3 Terms: 1,2,3,4

Film Appreciation

Warwick Pole

Wed 1:00-4:00 Wk 2,4 Terms: 1,2,3,4

French 1

Henry Zimmerman

Fri 11:00-12:30 Weekly Terms: 1,2,3,4

French 2

Henry Zimmerman

Fri 9:15-10:45 Weekly Terms: 1,2,3,4

French Conversation A

Yole Sherry

Wed 1:00-2:00 Weekly Terms: 1,2,3,4

French Conversation B

Yole Sherry

Thu 10:00-11:00 Weekly Terms: 1,2,3,4

German

Henry Zimmerman

Mon 11:00-12:30 Weekly Terms: 1,2,3,4

German Conversation

Henry Zimmerman

Wed 2:30-4:00 Weekly Terms: 1,2,3,4

Handcraft

Carmen Woodward

Wed 1:00-3:00 Weekly Terms: 1,2,3,4

Healing Mind, Body & Spirit

Corale Taylor

Weekly Terms: 1

History Australian - A Medley

Des Thornton

Tue 11:00-12:30 Wk 2,4 Terms: 1,3

Italian 1

Neville Heffernan

Wed 9:15-10:45 Weekly Terms: 1,2,3,4

Italian 2

Neville Heffernan

Wed 11:00-12:30 Weekly Terms: 1,2,3,4

Italian Self Help

John Gutteridge

Mon 9:15-10:45 Weekly Terms: 1,2,3,4

Latin for Beginners

Helen Kearton

Tue 2:30-3:30 Weekly Terms: 1,2,3,4

Leadlight Making

Irina Pupedis

Tue 12:45-2:45 Weekly Terms: 1,2,3,4

Literature - English 1350-1800

Barbara Haye

Thu 1:00-2:30 Weekly Terms: 1,2,3,4

Literature - Reading for Pleasure

Margaret Murphy

Mon 1:00-3:00 Wk 1 Terms: 1,2,3,4

Mahjong

Lesley Thomas

Mon 11:00-12:30 Weekly Terms: 1,2,3,4

Marquetry

Lindsay Roberts

Tue 9:15-10:45 Weekly Terms: 1,2,3,4

Meditation

John Fairbrass

Fri 2:45-3:45 Weekly Terms: 1,2,3,4

Monthly Talks A - General

Coral Vercoe

Thu 11:00-12:30 Wk 3 Terms: 1,2,3,4

Monthly Talks B - Aboriginal Issues

Margaret Graham

Tue 11:00-12:30 Wk 3 Terms: 1,2,3,4

Music - History & Appreciation

David Lording

Mon 2:30-4:00 Weekly Terms: 1,2,3,4

Music - Jazz

Alan Farrar

Thu 9:30-10:45 Wk 1,3 Terms: 1,2,3,4

Music - Recorder Group

Janet Pelzer

Fri 1:00-3:00 Wk 2,4 Terms: 1,2,3,4

Music - Singing for Pleasure

Beryl Nichols

Fri 11:00-12:30 Weekly Terms: 1,2,3,4

Painting - Acrylics & Gouache Fri

Bernadine Williams

Fri 1:00-3:00 Weekly Terms: 1,2,3,4

Painting - Acrylics & Gouache Wed

Bernadine Williams

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

Painting - Oils

Anna de Jonk

Wed 10:00-12:00 Weekly Terms: 1,2,3,4

Painting - Water Colour

Jan Palmer

Thu 9:00-11:00 Weekly Terms: 1,2,3,4

Painting - Water Colour, Self Help

Jeffrey Brown

Mon 9:00-11:00 Weekly Terms: 1,2,3,4

Petanque - French Bowls

Irene Scott

Mon 9:15-10:45 Weekly Terms: 1,2,3,4

Philosophy - Social

Dawn Heffernan

Wed 11:00-12:30 Weekly Terms: 1,2,3,4

Photography Users Group

Ken Hosking

Thu 11:00-1:00 Wk 2,4 Terms: 1,2,3,4

Psychology Discussion Group - Green

Heather Ambrose

Thu 11:00-12:30 Wk 2,4 Terms: 1,2,3,4

Psychology Discussion Group - Red

Heather Ambrose

Thu 9:15-10:45 Wk 2,4 Terms: 1,2,3,4

Science in the Media

Clive Scott

Mon 2:45-3:45 Weekly Terms: 1,2,3,4

Scrabble

Jill Doyle

Thu 1:00-3:00 Weekly Terms: 1,2,3,4

Stockmarket - Advanced

John Corcoran

Thu 1:00-2:30 Weekly Terms: 1,2,3,4

Stockmarket - Beginners

John Corcoran

Thu 11:00-12:30 Weekly Terms: 1,2,3

Strength Training Beginners, Term 3

Moira Axtens

Tue 2:30-4:00 Weekly Terms: 3

Strength Training Beginners, Term 4

Moira Axtens

Tue 2:30-4:00 Weekly Terms: 4

Strength Training continuing

Moira Axtens

Tue 2:30-4:00 Weekly Terms: 3,4

Strength Training of Trainers

Moira Axtens

Tue 3:15-4:45 Weekly Terms: 1

Strength Training Term 2

Moira Axtens

Tue 3:15-4:45 Weekly Terms: 2

Table Tennis

William Doyle

Thu 1:00-3:00 Weekly Terms: 1,2,3,4

Tai Chi Advanced

Angelina Chung

Tue 10:00-11:00 Weekly Terms: 3,4

Tai Chi Beginners

Angelina Chung

Tue 11:45-12:30 Weekly Terms: 1,2,3,4

Tai Chi Beginners - 2nd Semester

Angelina Chung

Tue 11:45-12:30 Weekly Terms: 3,4

Tai Chi Intermediate

Angelina Chung

Tue 11:00-11:45 Weekly Terms: 3,4

Tennis

Heather Ambrose

Mon 9:30-12:00 Weekly Terms: 1,2,3,4

Walking for Fitness

Don McKelvie

Thu 9:15-10:15 Weekly Terms: 1,2,3,4

Walking for Health & Pleasure

Bruce Ford

Fri 9:15-11:15 Wk 2,4 Terms: 1,2,3,4

Writing - Creative Workshop

Kathleen Herron

Wed 9:30-11:30 Wk 3 Terms: 1,2,3,4

Writing - The Written Word

Jack Bayliss

Mon 9:15-10:45 Weekly Terms: 1,2,3,4

Yoga - Hatha

Patricia Taplin

Thu 2:45-4:15 Weekly Terms: 1,2,3,4

Yoga for the Not-So-Supple - Advanced

Lorna Andreassen

Fri 10:30-12:00 Weekly Terms: 1,2,3,4

Yoga for the Not-So-Supple – Beginners

Lorna Andreassen

Fri 12:00-1:00 Weekly Terms: 1,2,3,4

Yoga Hatha A - Beginners

Lesley Catt

Mon 12:00-1:15 Weekly Terms: 1,2,3,4

Yoga Hatha B

Lesley Catt

Mon 1:15-2:30 Weekly Terms: 1,2,3,4

Yoga Hatha C - Continuing

Lesley Catt

Mon 2:45-4:15 Weekly Terms: 1,2,3,4

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Courses 2004

MANNINGHAM U3A – 2004 COURSES

Aboriginal Studies Through Film (Code 1010)

Discover aspects of the life and culture of Aboriginal people and their place in Australian society through film. Supper & a short discussion will follow the screening. Films projected from video will include: Buried Country; Dust; Bridge Over Myall Creek; Harry's War. Entry by donation to cover expenses.

Lindsay Roberts

Tue 8:00pm Wk 2 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Art Appreciation (Code 1020)

Art from Primitive to Modern Art, focusing on important artists, their history and their work. Pearl Lubansky

Thu 1:00-2:30 Wk 1,3 Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Badminton (Code 1040)

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.

Evelyne Perks

Mon 10:00-12:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

Ballroom Dancing - Level 1 (Code 1050)

Ethel Fredericks

Mon 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Ballroom Dancing - Level 2 (Code 1055)

Come dancing, have fun, meet people, keep fit & be happy. Men are particularly welcome.

Patrick Khaw

Mon 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Bird Watching (Code 1070)

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 outside the U3A office. Gina Hopkins

Tue 9:30-11:00 Wk 4 Terms: 1,2,3,4 Venue: Various Locations

Book Discussion Group (Code 1080)

Books are selected by the group and are provided by the Council of Adult Education at approx. \$60 annually. Titles vary from recent novels to classics and biographies. Discussion is open and encouraging of all participants.

Evelyne Perks

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

Bridge - Basics (Code 1090T1)

Nena Reid

Tue 9:00-10:45 Weekly Terms: 1,2 Venue: U3A Centre - Function Room

Bridge - Basics (Code 1090T3)

Nena Reid

Tue 9:00-10:45 Weekly Terms: 3,4 Venue: U3A Centre - Function Room

Bridge - Duplicate (Code 1095)

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

Ross Henderson

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

Calligraphy - Level 1 (Code 1100)

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 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Calligraphy with Illumination - Level 2 (Code 1105)

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.

Adelle Harries

Wed 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Ch'I-Kung Movement Meditation and Healing (Code 1110)

Gently flowing movements (root of T'ai-Chi) for flexibility, balance, awareness, self-healing and general well-being, including the five Animals Movements natural therapeutic cycle. Breathing, guided meditation imagery, colour and inspiration. Healing teaching and exercises with individual guidance. Sharing of experiences is invited.

Beverley Milne

Wed 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Chinese - Mandarin (Code 1120)

To discover and enjoy in a relaxed and friendly way, the beauty and philosophy of Chinese culture through reading, writing and conversing in everyday situations. Ability to read & write Chinese characters is a recommended prerequisite.

Linda Chin

Tue 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Computers - Basic Beginners (Code 1200T2)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Basic Beginners (Code 1200T4)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - Basic Beginners (Code 1200T1)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Basic Beginners T3 (Code 1201)

This is an 8 week 'hands on' course for those who wish to learn to use a personal computer. It covers an introduction to MS Windows operating system, mouse & keyboard skills, saving & storing files & folders, word processing & spreadsheets.

Course fee :\$32 payable at the U3A office prior to commencing the course.

Peter Nash

Mon 4:00-5:30 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Excel (Spreadsheets) (Code 1210T1)

Carol Cameron

Wed 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Excel (Spreadsheets) (Code 1210T4)

Carol Cameron

Wed 4:00-5:30 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - File Management (Code 1220T2)

Peter Nash

Thu 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - File Management (Code 1220T4)

Peter Nash

Thu 4:00-5:30 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - Internet & Email Level 1 (Code 1230T1)

Frank Stafrace

Thu 9:15-10:45 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Internet & Email Level 1 (Code 1230T2)

Frank Stafrace

Thu 9:15-10:45 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Internet & Email Level 1 (Code 1230T3)

Frank Stafrace

Thu 9:15-10:45 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Internet & Email Level 1 (Code 1230T4)

Frank Stafrace

Thu 9:15-10:45 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - Internet & Email Level 2 (Code 1235T4)

Frank Stafrace

Thu 9:15-10:45 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - Internet & Email Level 2 (Code 1236)

Aimed at 'sometime users' of the internet and email, this 8 week course will aim to broaden skills and knowledge through the use of search engines, email attachments, effective browser use, virus programs and specialized internet sites. Access to sites relevant to participants' interests will also be a goal.

Course fee:\$32 payable at the U3A office prior to commencing the course.

Frank Stafrace

Wed 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Valley Primary School

Computers - Internet & Email Level 2 (Code 1235T2)

Peter Bishop

Wed 9:15-10:45 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Internet & Email Level 2 (Code 1235T1)

Peter Bishop

Wed 9:15 -10:45 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Photo-editing: an Introduction (Code 1240T1A)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Photo-editing: an Introduction (Code 1240T1B)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Photo-editing: an Introduction (Code 1240T2A)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Photo-editing: an Introduction (Code 1240T2B)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Publisher (MS) (Code 1250)

In 8 weeks, with this easy-to-use-program, you will learn how to produce newsletters, invitations, greeting cards and much more. Let the Page Wizard Design Assistant guide you through the steps to the finished design.

Course fee:\$32 payable at the U3A office prior to commencing the course.

Barbara Hall

Wed 4:00-5:30 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Users Group (Code 1260)

Cost \$10 per annum. The aim is to enable U3A members who own a computer to share experiences and solutions to problems, access our shareware library, hear guest speakers and learn more about the Internet.

Barry Klein

Mon 1:00-2:30 Wk 1 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Computers - Word (MS) Level 2 (Code 1270)

This 8 week course is not for beginners. Participants must be familiar with fundamental word processing and must be able to use a mouse and keyboard well. Create styles and autotexts, insert simple graphics, use tables, borders and shading, indents and bullets. Learn paragraph formatting and other miscellaneous functions.

Course fee:\$32 payable at the U3A office prior to commencing the course.

Barbara Hall

Wed 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Cooking, International Group A (Code 1280)

Gaetana Nicoletti

Tue 11:00-1:00 Wk 3 Terms: 1,2,3,4 Venue: Memorial Hall - Kitchen

Cooking, International Group B (Code 1285)

Demonstration and preparation of a range of international dishes including Italian, French, Chinese, Greek, etc. in response to students' interests. Enjoy eating what we cook.
Course fee: \$25 payable at the U3A office prior to commencing the course in February and July to cover the purchase of ingredients.

Gaetana Nicoletti

Tue 11:00-1:00 Wk 4 Terms: 1,2,3,4 Venue: Memorial Hall – Kitchen

Crosswords - Cryptic (Code 1290)

A one-term course showing the methods of solving cryptic crossword puzzles. For interested beginners.

Barbara Hetherington

Tue 2:45-3:45 Weekly Terms: 1 Venue: Private Residence

Crosswords - Cryptic (Code 1290T2)

Barbara Hetherington

Tue 2:45-3:45 Weekly Terms: 2 Venue: Private Residence

Current Affairs (Code 1300)

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 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Current Affairs - Behind The News (Code 1060)

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.

John Moore

Fri 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Drawing - Level 1 (Code 1320)

This is a class for beginners only. Draw in pencil, learn tonal shading and advance to using different mediums like pen and ink and coloured pencils

Adelle Harries

Fri 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Drawing & Pastels - Level 2 (Code 1310)

A self help class 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: Memorial Hall – Hall

Drawing & Pastels - Level 3 (Code 1312)

Adelle Harries

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Driving - Wiser Driver (Code 1330T1A)

Rosemary Flora

Mon 1:00-3:00 Weekly Terms: 1 Venue: Memorial Hall - Side Room

Driving - Wiser Driver (Code 1330T1B)

Rosemary Flora

Mon 1:00-3:00 Weekly Terms: 1 Venue: Memorial Hall - Side Room

Driving - Wiser Driver (Code 1333T4A)

Rosemary Flora

Mon 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Driving - Wiser Driver (Code 1333T4B)

Rosemary Flora

Mon 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Eating Out with Friends (Code 1340)

Join us for our next meal at one of the many restaurants in the Manningham area. These dinners are proving to be very successful. The menus are varied and the prices are reasonable. Should anyone need transport, this can be arranged. The list for the next dinner together with a menu is on the notice board outside the U3A Office.

Hazel Ferguson

Wed 7:00pm-10:00pm Wk 3 Terms: 1,2,3,4 Venue: Various Locations

Embroidery - Even-weave Stitchery (Code 1350)

This class can include cross-stitch, tapestry, hardanger, needlepoint, blackwork, bargello or any of the many stitches that can be worked on even-weave fabric or canvas. Bring your own project to work on.

Carmen Woodward

Fri 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Templestowe Retirement Village

Embroidery - Level 1 (Code 1360)

Embroidery for the beginner to the more experienced.

Desiree Higgins

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

Embroidery - Needles & Thread (Code 1370)

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

Joanna Eden

Tue 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

English Conversation Level 1 (Code 1380)

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

Jean de Neef

Wed 9:15-10:45 Weekly Terms: 1,2 Venue: Memorial Hall - Side Room

English Conversation Level 2 (Code 1382)

Bridget Halge

Wed 9:30-10:30 Weekly Terms: 2,3,4 Venue: Private Residence

English Literature, Romantic Period 1770-1830 (Code 1390)

Art: Turner and Constable. Poetry: selections from Blake, Wordsworth, Coleridge, Shelley, Keats, Byron, Scott, Burns. Feminism: Mary Wollstonecraft. Novel: Mary Shelley's Frankenstein. Later Emily Bronte's Wuthering Heights. Unaffected by Romanticism: Jane Austen writes about realism and Sheridan writes comedy. All class work, except above mentioned novels.

Barbara Haye

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

Film Appreciation (Code 1410)

Watch and discuss films projected from video grouped by actor, director or a theme.

Warwick Pole

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

French - Level 1 (Code 1430)

This class is suitable for beginners and those who have not done French since school days. The level will be determined by the knowledge of the participants. Students will be advised about a textbook.

Henry Zimmerman

Fri 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

French - Level 2 (Code 1435)

This is a course for people with some knowledge of French. Emphasis will be on spoken French. Textbook - Teach Yourself French.

Henry Zimmerman

Fri 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

French Conversation - Level 1 (Code 1425)

This course is for those who have a basic knowledge of French.

Yole Sherry

Thu 10:00-11:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

French Conversation - Level 2 (Code 1422)

Yole Sherry

Mon 1:30-2:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

French Conversation - Level 3 (Code 1420)

This course is suitable for those who have completed High School French. An enjoyable and relaxed way to learn French conversation.

Yole Sherry

Wed 1:00-2:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Genealogy - Family History - Level 1 (Code 1400)

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

Janice Mitchell

Mon 1:00-2:30 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Genealogy - Family History - Level 2 (Code 1402)

This is a self-help group for those who know the basics but need the incentive to keep going with their discoveries regarding their heritage.

Janice Mitchell

Mon 1:00-2:30 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

German (Code 1440)

This class is suitable for beginners and those who have not done any German since school days. The level will be determined by knowledge of the participants. Students will be advised about a textbook.

Henry Zimmerman

Mon 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Handcraft (Code 1450)

A self-help group for sharing skills and experimenting together. We will include making greeting cards, covered boxes, gifts, etc., using the techniques of rubber-stamping, quilling, decoupage, beading, etc. We will attempt to cover individual requests.

Carmen Woodward

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

Healing - Mind, Body, Spirit (Code 1460)

Experience inner peace as you relax and enjoy the tranquility of a calming healing session. Promotes good health and well being.

Corale Taylor

Tue 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

History - Australian - Different Tunes (Code 1480)

Inland explorers; Colonial imperialism; Federation; WW I Home Front; Great Depression; Australian Catastrophes; WW II and Commonwealth Powers; Early South Australia; Communications systems; Foreign Policy post 1950.

Des Thornton

Tue 11:00-12:30 Wk 2,4 Terms: 1,2 Venue: U3A Centre - Function Room

History - Local (Code 1540)

Learn about the history of Manningham from its indigenous origins & pioneering days to the present in 12 sessions beginning in Term 1 and continuing into Term 2. Sacred sites, social life of the pioneers, mining in Warrandyte, early graziers, the orchard era, development of Templestowe, Doncaster, Park Orchards. Course will feature guest speakers and several outings to local historical sites.

Judith Leaney

Tue 9:15-10:45 Weekly Terms: 1,2 Venue: Schramm's Cottage

History of Medicine (Code 1485)

History of medicine from the Renaissance to the modern era.

Laurence Simpson

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

Italian - Level 1 (Code 1490)

This course aims to equip students with the skills necessary to speak and read Italian. Equal emphasis on grammar, reading and conversation. Suitable for beginners or those who have not studied grammar in the past. Text: A Progressive Italian Grammar-F.Komadina.

Neville Heffernan

Wed 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Italian - Level 2 (Code 1495)

Written and spoken Italian based on A Progressive Italian Grammar by Komadina and Orifice - Chs. 21-37. and Buongiorno Italia (BBC). Buy the textbook only, not the kit. Suitable for anyone who has studied Italian a year or more in the past.

Neville Heffernan

Wed 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Italian - Self Help (Code 1500)

A conversation and reading class for anyone with a reasonable grasp of Italian grammar. Very relaxed group.

Peter Goodwin

Mon 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Doncaster Senior Citizens

Latin - Level 2 (Code 1525)

A continuation of the Latin for beginners 2003 class. Other students with some knowledge of Latin are welcome. Text book: Cambridge course approximately \$40.00.

Helen Kearton

Tue 2:45-3:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Leadlight Making (Code 1530)

This class is designed for beginners. Instruction begins with simple glass cutting, then progresses to construction of simple and then more complex panels including copper foiling. \$15 annual fee for use of grinder and soldering iron. Students are asked to have all other necessary items of equipment.

Irina Pupedis

Tue 12:45-2:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Valley Primary School

Mahjong - Self Help (Code 1545)

Popular ancient Asian tile game. For independent, self-motivated, experienced players. Members must be willing to assist 'rusty' or low-experienced players.

Lilian Kops

Mon 11:00-12:30 Wk 2,4 Terms: 1,2,3,4 Venue: Roseville Retirement Village

Marquetry - Self Help (Code 1550)

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 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

Maths Is Fun - Really! (Code 1560)

At school were you frightened by fractions, did you dread decimals or suffer from algebra anxiety? This course is for you and for all who enjoy a challenge. Have fun, wake up to the maths around you. Especially good for grandparents.

June Wright

Thu 11:15-12:45 Wk 1 Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Meditation (Code 1570)

For new and experienced meditators. Practise different meditation techniques and learn how they can be applied to reduce stress and anxiety to improve the quality of life.

John Fairbrass

Fri 2:45-3:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Monthly Talks (Code 1580)

Fantastic variety of topics in 2004. Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board outside the U3A office. \$1.00 entry to cover expenses & cuppa.

Coral Vercoe

Mon 1:00-2:30 Wk 3 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Music - History & Appreciation (Code 1590)

In 2003 with Beethoven and Schubert, we moved into the Romantic era, which we continue to explore by looking at Berlioz, Chopin, Wagner, Johann Strauss, Schumann, Liszt and Greig. Cost for printed notes is approx. \$20 over the year.

David Lording

Mon 2:30-4:00 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Music - Jazz (Code 1510)

We continue our journey through the history of jazz. This will be our third year, with all new material. We listen to jazz and discuss the music and the performers.

Alan Farrar

Thu 9:30-10:45 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Music - Recorder Group (Code 1690)

This group is for people who can play a recorder at any level of competence. 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 1720)

We are seeking new members who enjoy singing in a group. No previous experience is necessary nor will there be auditions. Male singers are particularly welcome.

Beryl Nichols

Fri 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Retirement Village

Painting - Acrylics & Gouache (Code 1600)

This course caters for beginners and those with some experience.

Bernadine Williams

Fri 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Painting - Watercolour - Level 1 (Code 1625)

An introduction to the distinctive art of watercolour, the technique and the materials required.

Granville Wilson

Thu 9:00-11:00 Wk 1,3 Terms: 1,3,4 Venue: Memorial Hall – Hall

Painting - Watercolour - Level 2 (Code 1620)

For beginners and students with some 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.

Jan Palmer

Thu 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Painting - Watercolour - Self-Help (Code 1630)

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

Jeffrey Brown

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Doncaster Senior Citizens

Painting in Oils - Self Help (Code 1610)

Landscapes, seascapes and other waterscapes in traditional styles.

Barbara Jamrich

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Petanque - French Bowls (Code 1640)

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 require their own.

Irene Scott

Mon 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Rieschiecks Reserve

Philosophy - Hindu (Code 1470)

This philosophy is based on the sacred scriptures, The Vedas. This course will examine this ancient civilization and how it is applied today.

Saroja Swami

Fri 2:00-3:30 Wk 1,3 Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Philosophy - Social (Code 1650)

Details of the study will be negotiated with class members. Cost for class notes is approx. \$15 over the year.

Dawn Heffernan

Wed 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Photography - The Basics (Code 1660)

Objectives: To develop skills of basic photography by theory workshops and practical field exercises. All participants must have their own 35mm camera and be prepared to use about eight rolls of film during the year.

Ken Hosking

Thu 11:00-1:00 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Psychology Discussion Group A (Code 1670)

Heather Ambrose

Thu 9:15-10:45 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Psychology Discussion Group B (Code 1675)

Topics for discussion are selected for their interest to members and their relevance to psychological principles. Members contribute their perspectives to such topics as: preventing burnout as a carer; managing family pressure; making decisions and adapting to change in global and local arenas.

Heather Ambrose

Thu 11:00-12:30 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Reading For Pleasure (Code 1680)

The Booker and Beyond - read, discuss and evaluate literary award winners nominated for the Booker, Nobel, Pulitzer, Miles Franklin and Commonwealth Writers Prizes.

Margaret Murphy

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

Science - What We Eat (Code 1705)

A look at what we eat, how it is made and what is in it. Topics include history of food production, manufacturing methods, food additives, food safety, genetic modification, special diets and diet foods, labelling, new product development, and a look in the future. Your own special interests and concerns will be addressed wherever possible.

Tom Heyhoe

Wed 12:45-2:15 Weekly Terms: 3,4 Venue: U3A Centre - Function Room

Science in the Media (Code 1700)

Heard the latest TV, radio or newspaper headline on science? What's exactly behind it? Some topics for discussion are cloud seeding, metallurgy, desalination, viruses, DNA, land conservation or bring your own issues. No previous science required, but regular attendance is recommended. For some large topics that extend over several weeks, preliminary reading will be assumed.

Clive Scott

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

Scrabble (Code 1710)

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

Jill Doyle

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

Solo (Code 1730)

Not up to playing Bridge, why not try Solo? A card game for 4 players. Guidance in learning to play the game will be provided. There is room for experienced players who will be able to play together.

Joyce Lister

Wed 1:15-4:00 Weekly Terms: 1,2,3,4 Venue: Roseville Retirement Village

Stock Market - Level 1 (Code 1740)

This course is for inexperienced participants. An introduction to the way the system operates & the roles of stockbrokers, listed companies, investors, the Australian Stock Exchange & regulators.

John Corcoran

Thu 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Stock Market - Level 2 (Code 1745)

For would-be investors in the Australian share market. We will be selecting a shares portfolio of 'Hypothetical' investments in the Australian Sharemarket.

Robert Nicol

Thu 1:00-2:30 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Strength - Training Level 1 (Code 1750T1)

Moira Axtens

Tue 9:15-10:45 Weekly Terms: 1 Venue: U3A Centre – Stadium

Strength - Training Level 1 (Code 1750T3)

Moira Axtens

Tue 9:15-10:45 Weekly Terms: 3 Venue: U3A Centre – Stadium

Strength Training - Level 1 (Code 1750T2)

Moira Axtens

Tue 9:15-10:45 Weekly Terms: 2 Venue: U3A Centre – Stadium

Strength Training - Level 1 (Code 1750T4)

Moira Axtens

Tue 9:15-10:45 Weekly Terms: 4 Venue: U3A Centre – Stadium

Strength Training - Level 2 - Group A (Code 1752)

Moira Axtens

Tue 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

Strength Training - Level 2 - Group B (Code 1754)

Once you have learned how in Strength Training Level 1, this course offers you the opportunity to continue to maintain your physical fitness. Course Fee: \$10 for use of equipment payable at the U3A office prior to the beginning of the term.

Moira Axtens

Tue 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

Table Tennis (Code 1760)

Learn the basic skills and rules for the enjoyment of participating at a social level.

Advanced tuition is available to competition standard, if required.

William Doyle

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

Tai Chi - Level 1 (Code 1780)

This simplified Sun Style form is very beneficial for general health and well being, improving breathing, balance, flexibility & coordination.

Angelina Chung

Tue 10:15-11:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tai Chi - Level 2 (Code 1785)

Refine and practice all forms taught: Beijing 24, Tai Chi Qigong Shibashi 18 movements, Tai Chi for Arthritis (Sun Style). Participants must have completed all of these forms of Tai Chi
Angelina Chung

Tue 11:30-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tai Chi Ch'uan (Code 1770)

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, including some warm-up exercises and Qi-gong.

William Mak

Wed 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tennis (Code 1790)

This social tennis group welcomes all those who have ever played. We meet every Monday from February to November at Donvale Tennis Club, Melways Reference 48E2. Enter Noonan Way from Mitcham Road.

Heather Ambrose

Mon 9:00-12:00 Weekly Terms: 1,2,3,4 Venue: Donvale Tennis Club

Walking for Fitness (Code 1800)

A weekly one-hour walk in and around different parks and reserves in Manningham. To enjoy this class participants should be reasonably fit and injury free. The schedule for each term will be on the notice board outside the U3A office.

Don McKelvie

Thu 9:15-10:15 Weekly Terms: 1,2,3,4 Venue: Various Locations

Walking for Health & Pleasure (Code 1810)

Enjoy the beauty of Melbourne's parks, garden 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 1 & 2 hours. The schedule for each term will be on the notice board outside the U3A office.

Audrey Killey

Fri 9:15-11:15 Wk 2,4 Terms: 1,2,3,4 Venue: Various Locations

Writing - Creative - Self Help (Code 1830)

Have you some writing experience? Do you enjoy writing poems or short stories? Are you prepared to have your work critically appraised in a small supportive group? If so, we would like to have you join our class.

Hazel Ferguson

Wed 9:30-11:30 Wk 3 Terms: 1,2,3,4 Venue: Donvale Retirement Village

Writing - The Written Word (Code 1820)

For people who wish to make their family history more interesting or for those who just have an urge to write. Join us and enjoy the constructive comments of the group on your efforts.

Jack Bayliss

Mon 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Yoga - Classical (Code 1900)

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

Lilia Glushkoff

Thu 2:45-4:15 Weekly Terms: 1,2,3,4 Venue: Private Residence

Yoga - For the not-so-supple - Level 1 (Code 1920)

This class is not an alternative to any other yoga class. It is for special needs.

Lorna Andreassen

Fri 12:00-1:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Yoga - For the not-so-supple - Level 2 (Code 1925)

This class is for continuing students. An adaptation of eastern yoga practices for older persons who may have mild mobility problems. Emphasis on gentle practices (asanas), correct breathing patterns (pranayama) and relaxation techniques (sadhana). An introduction to Kum Nye. Relaxation (Tibetan) to energise the body, mind & senses.

Lorna Andreassen

Fri 10:30-12:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Yoga - Hatha - Group A (Code 1910)

Lesley Catt

Mon 12:00-1:15 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Yoga - Hatha - Group B (Code 1914)

Lesley Catt

Mon 1:15-2:30 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Yoga - Hatha - Group C (Code 1918)

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

Lesley Catt

Mon 2:45-4:15 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Yoga - Iyenga (Code 1930)

Eric Stewart

Thu 2:45-4:15 Weekly Terms: 1,2 Venue: U3A Centre - Function Room

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Volunteers in Positions of Responsibility 2005

Office Administration

Deirdre Meredith	Office Manager/Office Supplies
Marjorie Newitt	Office Duty Roster
Elizabeth Voce	Office Duty Replacements Term 1
Pat Baddeley/Val Mc	Office Duty Replacements Term 2
T Renfree/P Baddeley	Office Duty Replacements Term 3
Helen Field	Office Duty Replacements Term 4
Bev Reed	Petty Cash/Photocopier Payment Records
Noel Hatton	Equipment Repairs
Dorothy Payne	Name Tags
Helen Hickey	Noticeboards/Forms supply/ Class pockets
Leong Kwok	Computer Programmer
Don McKelvie	Computer Hardware Maintenance
George Dundas	Mail Collector (Holidays)

Programs

Maureen Mitchell	Courses Convenor
Heather Ambrose	Class Reps Coordinator
Les Dale	Learn Computing Program
Bev Reid	Learn Computing CD Sales
Pat Smith	Migrant English Program
Pearl Lubansky	People with Special Needs Program

Enrolments and Data

Lyn Torrens	Enrolment Officer
Norm and Elaine Dodds	Enrolment Process
Gareth Mann	Enrolment – Short Courses
Thea Smith	Enrolment Banking Officer
Dorothy Payne	Name Tags

Catering

Kirsten C Collins	Catering Coordinator – Special Functions
Shirley Fitzsimons	Kitchen Supplies

Publicity and Promotions, and Publications

Peter McQuie	Newsletter/Brochure/Information Leaflet Formatter
Graham Field	Brochure Distribution
Bob Howie	Newsletters – Publish & Post
John Driver	Newsletter - Email
Margot Roth	Newsletter Editor
Peter Nash	Promotions
Margaret Scott Pross	Publicity
Leong Kwok	Website Update
Ken O’Sullivan	Photographer
Ho and Chai Ng	Sponsorship – Brochure/Newsletter
John and Verna Tonkin	Sponsorship
D Meredith/M Mitchell	Speakers – Promoting U3A
Ron McQuade	SCRG Rep
Lance Peters	EMF Rep
Trudy Brady	Archivist

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Courses 2005

MANNINGHAM U3A – 2005 COURSES

Aboriginal Studies Through Film (Code 1050)

Discover aspects of the life and culture of Aboriginal people and their place in Australian society through film. Supper and a short discussion will follow the screening. First film will be 'Message from Moree'. Entry by donation to cover expenses. Open to the public. Visitors Welcome.

Lindsay Roberts

Tue 8 pm Wk 2 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Active Retirement (Code 1055)

An interactive forum which will focus on the issues confronting us in retirement, helping members develop strategies to enable physical, emotional, social & financial wellbeing.

Betty Arrowsmith

Tue 10:45-12:15 Wk 1,3 Terms: 1,2 Venue: U3A Centre - Function Room

Art Appreciation (Code 1100)

Art from Primitive to Modern Art, focusing on important artists, their history and their work.

Pearl Lubansky

Thu 12:30-2:00 Wk 1,3 Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

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.

Evelyne Perks

Mon 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

Ballroom Dancing - Level 1 (Code 1250)

Come dancing. Have fun, meet people, keep fit and be happy. Men are particularly welcome.

Ethel Fredericks

Mon 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Ballroom Dancing - Level 2 (Code 1255)

Designed for members who have a few years' dancing experience.

Lawrence Chien

Mon 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Bird Watching (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 outside the U3A office.

Jennifer Flood

Tue 9:00-10:30 Wk 4 Terms: 1,2,3,4 Venue: Various Locations

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 2004 costs were \$57 (concession), \$79 (seniors), \$92 (full). Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation.

Evelyne Perks

Wed 2:15-3:45 Wk 3 Terms: 1,2,3,4 Venue: Applewood Retirement Village

Bridge - Basics (Code 1500)

Learn the basics of Bridge including counting, opening and responding (Terms 1 & 2). Continue on to include practice playing under supervision (Terms 3 & 4). Members must have experience in playing other card games such as Solo or Five Hundred and should ensure regular attendance without extended breaks.

Nena Reid

Tue 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Bridge - Duplicate (Code 1520)

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

Ross Henderson

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

Bridge - Duplicate - Intermediate (Code 1522)

Members must have completed a basic bridge course in five card majors. Topics on offer include: strong two Clubs, weak twos, transfers, card play, Gerber, fourth suit forcing, losing trick count plus cue bids. The emphasis will be on card play after short introductory lessons.

Anna Nugent

Thu 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Roseville Retirement Village

Bridge - Social (Code 1540)

Social Bridge of an intermediate standard. Includes some supervision.

John Driver

Tue 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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: Memorial Hall - Hall

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.

Adelle Harries

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Car Maintenance Made Easy (Code 1670T1)

Douglas Brewer

Thu 9:30-10:30 Weekly Terms: 1 Venue: U3A Centre – Foyer

Car Maintenance Made Easy (Code 1670T2)

Douglas Brewer

Thu 9:00-10:30 Weekly Terms: 2 Venue: U3A Centre – Foyer

Ch'I-Kung Movement, Meditation & Healing (Code 1700)

Gently flowing movements (root of T'ai-Chi) for flexibility, balance, awareness, self-healing and general well-being, including the five Animals Movements natural therapeutic cycle. Breathing, guided meditation imagery, colour and inspiration. Healing teaching and exercises with individual guidance. Sharing of experiences is invited.

Beverley Milne

Wed 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Chinese - Mandarin (Code 1800)

To discover and enjoy in a relaxed and friendly way, the beauty and philosophy of Chinese culture through reading, writing and conversing in everyday situations. Ability to read and write Chinese characters is a recommended prerequisite.

Linda Chin

Tue 1:15-2:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Computers - Basic Beginners (Code 2000T1)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Basic Beginners (Code 2000T2)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Basic Beginners (Code 2000T3)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Basic Beginners (Code 2000T4)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - Excel level 1 (Code 2100)

This 8 week course 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 for Beginners' or its equivalent). The course covers worksheet basics, editing and formatting, using functions, graphics and charts. Course fee: \$20 payable at the U3A office prior to commencing the course.

Carol Cameron

Wed 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Excel level 2 (Code 2102)

This 8 week course is for those who already have a working knowledge of Excel, gained by self-teaching or by completing a basic course. This course reinforces & extends existing Excel capabilities. Course fee: \$20 payable at the U3A office prior to commencing the course.

Carol Cameron

Wed 4:00-5:30 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - For Novices (Code 2150T2B)

Coral Newstead

Wed 1:30-3:00 Weekly Terms: 2 Venue: Templestowe Heights Primary School

Computers - For Novices (Code 2150T4A)

Coral Newstead

Wed 1:30-3:00 Weekly Terms: 4 Venue: Templestowe Heights Primary School

Computers - Internet & Email (Code 2250T2)

Frank Stafrace

Thu 9:15-10:45 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Internet & Email (Code 2250T3)

Ronit Friedman

Thu 9:15-10:45 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Internet & Email (Code 2251T4)

Peter Bishop

Wed 9:15-10:45 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - Internet & Email (Code 2250T1)

Peter Bishop

Thu 9:15-10:45 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - MS Publisher (Code 2300)

An 8 week course. With this easy-to-use-program, you will learn how to produce newsletters, invitations, greeting cards and much more. Let the Page Wizard Design Assistant guide you through the steps to the finished design. Course fee: \$20 payable at the U3A office prior to commencing the course.

Barbara Hall

Wed 4:00-5:30 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Organising files (Code 2650T1)

Peter Nash

Thu 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Photo-editing (Code 2700T2A)

Barry Klein

Thu 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Photo-editing (Code 2700T1B)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Photo-editing (Code 2700T1A)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Photo-editing (Code 2700T2B)

Barry Klein

Thu 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Users Group (Code 2750)

The aim is to enable U3A members who own a computer to share experiences and solutions to problems, access our shareware library, hear guest speakers and learn more about the Internet. Open to the public. Visitors welcome.

Barry Klein

Mon 12:30-2:00 Wk 1 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Computers - Web Page Design (Code 2800T1A)

Tony Heyes

Wed 1:30-3:00 Weekly Terms: 1 Venue: Templestowe Heights Primary School

Computers - Web Page Design (Code 2800T2A)

Tony Heyes

Wed 1:30-3:00 Weekly Terms: 2 Venue: Templestowe Heights Primary School

Computers - Windows XP (Code 2820T3)

Peter Nash

Wed 4:00-5:30 Weekly Terms: 3 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820T4)

Peter Nash

Wed 4:00-5:30 Weekly Terms: 4 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820T2)

Peter Nash

Wed 4:00-5:30 Weekly Terms: 2 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820)

An 8 week course using your own laptop computer where we will share 'hands on' experience. It covers an introduction to Microsoft Windows XP operating system. Knowledge of basic computer skills is assumed. No course fee.

Peter Nash

Wed 4:00-5:30 Weekly Terms: 1 Venue: U3A Centre - Function Room

Cooking (Code 3100)

Demonstration & preparation of a range of international dishes, including Italian, French, Chinese, Greek, etc., in response to students' interests. Enjoy eating what we cook. Course fee: \$25 payable at the U3A office prior to commencing the course in February & July to cover the purchase of ingredients.

Gaetana Nicoletti

Tue 11:00-1:00 Wk 3 Terms: 1,2 Venue: Memorial Hall – Kitchen

Course Development (Code 3180)

How to design, write & prepare teaching materials to assist in teaching face-to-face at U3A or for an online course. Each participant will assist in the development of guidelines to be followed at each stage of course development, will write or rewrite his/her own course & will act as editor for one other course writer. No previous experience or qualification is required, just enthusiasm for the course you want to present.

Leslie Dale

Fri 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Cryptic Crosswords (Code 3300T1)

Barbara Hetherington

Tue 2:30-3:30 Weekly Terms: 1 Venue: Private Residence

Cryptic Crosswords (Code 3300T3)

Barbara Hetherington

Tue 2:30-3:30 Weekly Terms: 3 Venue: Private Residence

Current Affairs (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 12:45-2:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

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.

John Moore

Fri 12:30-2:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Drawing & Pastels Level 2 (Code 3750)

A self-help class at a high level, concentrating on portraits, figure drawing and still life.

Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Drawing & Pastels Level 3 (Code 3751)

A self-help class at a high level, concentrating on portraits, figure drawing & still life.

Adelle Harries

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Drawing Plus (Code 3755)

This class is for people who have completed one year of drawing & wish to continue into drawing & pastel painting. Drawing will still be a major focus.

Adelle Harries

Fri 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Eating Out with Friends (Code 4050)

Join us for our next meal at one of the many restaurants in the Manningham area. These dinners are proving to be very successful. The menus are varied and the prices are reasonable. Should anyone need transport, this can be arranged. The list for the next dinner together with a menu is on the notice board outside the U3A Office.

Hazel Ferguson

Wed 7:00pm-10:00pm Wk 3 Terms: 1,2,3,4 Venue: Various Locations

Embroidery - Evenweave Stitchery (Code 4100)

This class can include cross-stitch, tapestry, hardanger, needlepoint, blackwork, bargello or any of the many stitches that can be worked on even-weave fabric or canvas. Bring your own project to work on.

Carmen Woodward

Fri 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Templestowe Retirement Village

Embroidery - Level 1 (Code 4120)

Embroidery for the beginner to the more experienced.

Desiree Higgins

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

Embroidery - Needles & Thread (Code 4140)

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

Joanna Eden

Tue 10:45-12:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

English Conversation Level 1 (Code 4200)

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

Bridget Halge

Wed 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Private Residence

English Conversation Level 2 (Code 4201)

For speakers of English as a second language. Improve your vocabulary. Work on your pronunciation of Australian English in a small group discussion.

Jean de Neef

Thu 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

English Literature (Code 4280)

From the late Victorian period we will proceed to the Twentieth Century. The course will include poetry, drama & book talks. In addition to the written word, audio-visual equipment will be used.

Barbara Haye

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

Film Appreciation (Code 4350)

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

Warwick Pole

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

French - Self Help - Level 2 (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 - the level to be determined by the knowledge of the participants. Text book: Teach Yourself French.

Hazel Boss

Fri 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

French Conversation - Group A (Code 4500)

This course is for those who have some knowledge of French. We improve our French speaking skills through small group conversation.

Peter Cole

Fri 1:00-2:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

French Conversation - Group B (Code 4502)

This course is for those who have some knowledge of French. We improve our French speaking skills through small group conversation.

Monique Plantier

Mon 2:15-3:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Vi

Genealogy - Family History - Level 1 (Code 5100)

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

Peter Nash

Mon 12:30-2:00 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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 discoveries regarding their heritage. Aimed at members who are capable of working on their own.

Jan Mitchell

Mon 12:30-2:00 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

German (Code 5180)

This class is suitable for beginners and those who have not done any German since school days. The level will be determined by knowledge of the participants. Students will be advised about a textbook.

Peter Boss

Mon 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Greek Conversation (Code 5200)

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

Virginia Malios

Thu 2:15-3:30 Weekly Terms: 1,2 Venue: Memorial Hall - Side Room

Greek Folk Dancing (Code 5210)

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

Virginia Malios

Wed 12:30-2:00 Weekly Terms: 1,2 Venue: U3A Centre - Function Room

Handcrafts (Code 5300)

A self-help group for sharing skills and experimenting together. We will include making greeting cards, covered boxes, gifts, etc., using the techniques of rubber-stamping, quilting, decoupage, beading, etc. We will attempt to cover individual requests.

Carmen Woodward

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

Healing - Mind, Body, Spirit (Code 5420)

Experience inner peace as you relax and enjoy the tranquility of a calming, healing session. Promotes good health and well being.

Corale Taylor

Tue 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

History - Asian: China & Japan (Code 5500)

China and Japan have colourful and fascinating histories and cultures that have been determined by their geography. Learn about these countries which are very different as we study their history.

Audrey Davitt

Tue 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Applewood Retirement Village

History - Australian (Code 5510)

The course covers the following topics: Rum Rebellion, Post Federation Politics, Australian Imperialism, Australian Genius, Swan River Colony, Australians & Sport, Later Explorers, Australia & the UN, Australia's Asian Adventures.

Des Thornton

Tue 10:45-12:15 Wk 2,4 Terms: 1,2 Venue: U3A Centre - Function Room

History - Local (Code 5540)

Learn about the history of Manningham from its indigenous origins & pioneering days to the present in 12 sessions beginning in Term 1 and continuing into Term 2. Sacred sites, social life of the pioneers, mining in Warrandyte, early graziers, the orchard era, development of Templestowe, Doncaster, Park Orchards. Course will feature guest speakers and several outings to local historical sites.

Judith Leaney

Tue 9:00-10:30 Weekly Terms: 1,2 Venue: Schramm's Cottage

History of Medicine (Code 5550)

History of medicine from the Renaissance to the modern era. Hopefully, a tour of Europe (April-May) can be organized to visit relevant sites in Europe.

Laurence Simpson

Wed 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

I Ching - Study and Discussion (Code 5600)

I Ching is one of the world's great books of wisdom and dates from 1000 BCE. It embodies the law, processes and rhythms of change in all life. A bridge between everyday thought and higher consciousness, we study origins, symbolism and consultation procedures, asking questions and studying answers. Uses the Wilhelm translation.

Beverley Milne

Thu 9:00-10:30 Weekly Terms: 2 Venue: Memorial Hall - Side Room

Inner Peace (Code 5610)

Kirtida Baxi

Tue 2:30-4:00 Weekly Terms: 4 Venue: Private Residence

Italian - Level 1 (Code 5620)

An oral/aural/grammar course involving reading and conversation. Texts: A Progressive Italian Grammar by Komadia and Orifice. (Uni of WA), Buongiorno Italia BBC (any edition but do not buy the kit. Cost about \$55.)

Neville Heffernan

Wed 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Italian - Level 2 (Code 5625)

An oral/aural/grammar course requiring the specified texts. Emphasis on reading and conversation. Texts: both texts as for Level 1.

Neville Heffernan

Wed 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Italian - Self Help (Code 5650)

A conversation and reading class for anyone with a reasonable grasp of Italian grammar. Very relaxed group.

Peter Goodwin

Mon 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Doncaster Senior Citizens

Latin (Code 6040)

A continuation of the Latin for beginners 2003 class. Other students with some knowledge of Latin are welcome. Text book: Latin Cambridge Course Stage 3 (approximately \$40.00.)

Helen Kearton

Tue 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Lawn Bowls - Level 1 (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. No fees.

Barry Wilkins

Thu 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Donvale Bowls Club

Leadlight Making (Code 6100)

This class is designed for beginners. Instruction begins with simple glass cutting, then progresses to construction of simple and then more complex panels including copper foiling. \$15 annual fee for use of grinder and soldering iron. Students are asked to have all other necessary items of equipment.

Irina Pupedis

Thu 10:30-12:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Arts Centre

Mahjong - Self-Help (Code 6190)

A western style self-help form of this ancient Asian tile game. 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

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 12:30-2:00 Wk 3 Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

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 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

Maths Is Fun - Really! (Code 6240)

At school were you frightened by fractions, did you dread decimals or suffer from algebra anxiety? This course is for you and for all who enjoy a challenge. Have fun, wake up to the maths around you. Especially good for grandparents.

June Wright

Thu 9:00-10:30 Wk 3 Terms: 1,2 Venue: U3A Centre - Function Room

Maths -The Basic Skills (Code 6230)

Emphasis will be placed on mastering the basic skills of arithmetic, including maths in society.

Elaine Dodds

Wed 9:30-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Foyer

Meditation (Code 6300)

For new and experienced meditators. Practise different meditation techniques and learn how they can be applied to reduce stress and anxiety to improve the quality of life.

John Fairbrass

Fri 2:15-3:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Monthly Talks (Code 6500)

Fantastic variety of topics in 2005. Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board outside the U3A office. The first speaker in 2005 is Hugh Mackay, social commentator & philosopher. \$1.00 entry to cover expenses & cuppa. Open to the public. Visitors welcome.

Coral Vercoe

Mon 12:30-2:00 Wk 3 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Music - History & Appreciation (Code 6640)

In 2004 we moved into the 19th century & the Romantic Movement. We continue this survey in 2005, looking at the following composers: Bizet, Smetana, Dvorak, Brahms, Tchaikovsky, Mahler & Puccini.

David Lording

Mon 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Music - Recorder Group (Code 6670)

This group is for people who can play a recorder at any level of competence. 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)

We are seeking new members who enjoy singing in a group. No previous experience is necessary nor will there be auditions. Male singers are particularly welcome.

Beryl Nichols

Fri 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

Painting - Acrylics & Gouache (Code 7010)

This course caters for beginners and those with some experience.

Bernadine Williams

Fri 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

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.

Jan Palmer

Thu 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Painting - Watercolour - Self Help (Code 7060)

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

Jeffrey Brown

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Templestowe Arts Centre

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 require their own.

Irene Scott

Mon 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Rieschiecks Reserve

Philosophy - Hindu (Code 7200)

This philosophy is based on the sacred scriptures, The Vedas. The course will examine these ancient scriptures and how the philosophy is applied today.

Saroja Swami

Fri 12:30-2:00 Wk 1,3 Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Philosophy Level 1 (Code 7210)

A beginner's course on the history of philosophy. Text required is 'The Story of Philosophy' by Bryan Magee (\$37)

Dawn Heffernan

Wed 9:30-10:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Philosophy Level 2 (Code 7220)

Details of the study will be negotiated with class members. Cost for class notes is approx. \$15 over the year. Members may enrol in both levels 1 & 2.

Dawn Heffernan

Wed 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Play Reading (Code 7400)

An opportunity to participate in the pleasure of play reading. A variety of experiences with short plays is envisaged.

Lorraine Clasby

Thu 2:15-3:45 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Pottery (Code 7500)

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

Marjorie Beecham

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

Psychology Group A (Code 7720)

Heather Ambrose

Thu 9:00-10:30 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Psychology Group B (Code 7725)

Topics for discussion are selected for their interest to members and their relevance to psychological principles. Members contribute their perspectives to such topics as: preventing burnout as a carer; managing family pressure; making decisions and adapting to change in global and local arenas.

Heather Ambrose

Thu 10:45-12:15 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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

Reincarnation, Karma and Your Life (Code 7840)

Reaping what we sow is a law of life called Karma (Sanskrit), acknowledged in Christian, Hindu and other teachings. Reincarnation means many lifetimes, long and short; to understand, balance energies and spiritually evolve. Understand in the light of Karma, discussions include race, religion, sexuality, abortion, talents and deformities.

Beverley Milne

Thu 9:00-10:30 Weekly Terms: 3,4 Venue: Memorial Hall - Side Room

Science - What We Eat (Code 8120)

A look at food and what is in it. Topics covered include diets & diet foods, nutrition, chemicals in food, gene technology, food quality, food-related illness plus a look into the future. Special interests & concerns of class members will also be addressed.

Tom Heyhoe

Thu 9:00-10:30 Weekly Terms: 1 Venue: Memorial Hall - Side Room

Science: Watermark Australia (Code 8000)

Barbara Wertheim

Thu 1:30-3:00 Weekly Terms: 3,4 Venue: Memorial Hall - Side Room

Scrabble (Code 8200)

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

Jill Doyle

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

Sculpture (Code 8220)

Bring along a photograph of your favourite person to create a portrait by modelling in clay then cast in plaster. Also try your hand at carving in stone & wood. Finally, a Christmas theme: angels, garden gnomes or gargoyles.

Suzanne Kaldor

Wed 10:30-12:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

Solo (Code 8300)

Not up to playing Bridge, why not try Solo? A card game for 4 players. Guidance in learning to play the game will be provided. There is room for experienced players who will be able to play together.

Robert Axtens

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

Stock Market - Level 1 (Code 8400)

Designed for the inexperienced, would-be investor who would like to find out how the system operates. Includes the roles of stockbrokers, listed companies, investors, the Stock Exchange & the regulators. The basis for those intending to participate in Stockmarket Level 2.

John Corcoran

Thu 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Stock Market - Level 2 (Code 8405)

We will discuss current business developments and select and manage a hypothetical portfolio of Australian shares. Guest speakers will make presentations on relevant topics. Cost is \$7 pa to cover photocopying and gifts to guest speakers.

Robert Nicol

Thu 2:15-3:45 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Strength Training - Level 1 (Code 8500T3)

Moira Axtens

Tue 10:45-12:15 Weekly Terms: 3,4 Venue: U3A Centre – Stadium

Strength Training - Level 1 (Code 8500T1)

Moira Axtens

Tue 10:45-12:15 Weekly Terms: 1 Venue: U3A Centre – Stadium

Strength Training - Level 1 (Code 8500T2)

Moira Axtens

Tue 10:45-12:15 Weekly Terms: 2 Venue: U3A Centre – Stadium

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

Anyone who has completed level 1 is eligible to join one of the 4 level 2 groups in order to maintain their level of fitness. Classes on Tuesday and Fridays will be under the direction of a tutor/leader and the second weekly sessions (on Mondays or Thursdays) will be self-help (SH) sessions. Participants will meet together to carry out a program of exercises determined by this tutor. Course fee \$10.00 payable at the U3A office prior to the beginning of each term.

Moira Axtens

Tue 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

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

See Group A for details. Venue: U3A Centre - Stadium

Moira Axtens

Tue 10:45-12:15 Weekly Terms: 1,2,3,4

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

See Group A for details.

Moira Axtens

Mon 9:00-10:30 Weekly Terms: 1,2,3,4: Venue: U3A Centre - Stadium

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

See Group A for details.

Moira Axtens

Mon 10:45-12:15 Weekly Terms: 1,2,3,4: Venue: U3A Centre – Stadium

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.

William Doyle

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

Tai Chi - Level 1 (Code 8655)

This simplified Sun Style form is very beneficial for general health and well being, improving breathing, balance, flexibility & coordination.

Angelina Chung

Tue 10:45-11:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tai Chi - Level 2 (Code 8660)

Refine and practice 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

Angelina Chung

Tue 12:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tai Chi Ch'uan (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 Qi-gong.

William Mak

Wed 1:15-2:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Hal

Tai Chi for Health (Code 8652)

The gentle, graceful movements of Tai Chi enhance the quality of everyday life by calming the mind, strengthening bones and tendons and improving general health. Comfortable clothing and footwear should be worn. No special degree of fitness is required.

Marcia Davis

Thu 11:00-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

Tatting (Code 8700)

Learn this beautiful old craft to make knotted lace. Cost is \$10 to cover shuttles, cottons & patterns.

Rosemary Buxton

Fri 2:15-3:45 Weekly Terms: 2 Venue: U3A Centre - Function Room

Tennis (Code 8750)

This social tennis group welcomes all those who have ever played. We meet every Monday from February to November at Donvale Tennis Club.

Heather Ambrose

Mon 9:00 Weekly Terms: 1,2,3,4 Venue: Donvale Tennis Club

Walking for Exercise - Friday (Code 9005)

Walk in Birrarung Park. Meet in the second car park on the right near the children's playground. Melways 32 H4

Pamela Bennetts

Fri 9:15-10:15 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.

Robert Nicol

Wed 9:15-10:15 Weekly Terms: 1,2,3,4 Venue: Various Locations

Walking for Fitness (Code 9010)

A weekly walk in and around different parks and reserves in Manningham. To enjoy this class participants should be reasonably fit and injury free. The schedule for each term will be on the notice board outside the U3A office.

Don McKelvie

Thu 9:15-10:15 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 notice board outside the U3A Office.

Audrey Killey

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

Writing - The Written Word (Code 9120)

For people who wish to make their family history more interesting or for those who just have an urge to write. Join us and enjoy the constructive comments of the group on your efforts.

Jack Bayliss

Mon 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Writing Workshop - Creative (Code 9100)

Have you some writing experience? Do you enjoy writing poems or short stories? Are you prepared to have your work critically appraised in a small supportive group? If so, we would like to have you join our class.

Kathleen Herron

Wed 9:00-11:00 Wk 3 Terms: 1,2,3,4 Venue: Donvale Retirement Village

Yoga - Chair (Code 9200)

This course is suitable for both beginners and those who have already experienced Yoga. It includes limbering, breathing, postures, relaxation, meditation, plus simple philosophy leading to a calm, aware mind in an energised body. Chairs will be available for people unable to use the floor.

Genevieve Rawson

Wed 12:30-2:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Yoga - Classical (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.

Lilia Glushkoff

Wed 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Private Residence

Yoga - For the not-so-supple (Code 9240)

An adaptation of eastern Yoga practices for older persons who may have mild mobility problems. Emphasis on gentle practices (asanas), correct breathing patterns (pranayama) and relaxation techniques (sidhana). An introduction to Kum Nye. Relaxation (Tibetan) to energise the body, mind and senses.

Lorna Andreassen

Fri 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Yoga - Hatha - Group A (Code 9260)

Lesley Catt

Mon 12:00-1:15 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Yoga - Hatha - Group B (Code 9265)

Lesley Catt

Mon 1:15-2:45 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Yoga - Hatha - Group C (Code 9270)

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

NB - only one yoga class per member

Lesley Catt

Mon 2:45-4:15 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

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Volunteers in Positions of Responsibility 2006

Office Administration

Deirdre Meredith	Purchaser - Office Supplies
Marjorie Newitt	Office Duty Roster
Elizabeth Voce	Office Duty Replacements Term 1
P Baddeley	Office Duty Replacements Term 2
Laurine Eames	Office Duty Replacements Term 3
Valerie McLaughlan	Office Duty Replacements Term 4
Bev Reed	Petty Cash/Photocopier Payment Records
Noel Hatton	Equipment Repairs
Helen Hickey	Noticeboards/Forms supply/ Class Pockets
Leong Kwok	Computer Programmer/Website Update
Don McKelvie	Computer Hardware Maintenance
George Dundas	Mail Collector (Holidays)

Programs

Maureen Mitchell	Courses Convenor/Tutor Needs
Carol Cameron	Coordinator – Computer Tutors
Ted McAuliffe	Specialty Courses Coordinator
Yvonne Thompson	Class Reps Coordinator
Heather Bione	Timetables
Wendy Donovan	Courses Publicity
Les Dale	Learn Computing Program
Bev Reid	Learn Computing CD Sales
Joan Creber	Migrant English Program
Pearl Lubansky/Peter Nash	People with Special Needs Program

Enrolments and Data

Norm Dodds	Enrolment Officer
Lyn Torrens	Class Lists/Waiting Lists
John Driver	Enrolment Days Process
Gareth Mann	Enrolment – Short Courses
Thea Smith	Enrolment Banking Officer
Dorothy Payne	Name Tags

Catering

Margaret De Landre	Catering Coordinator
Robyn Mclvor	Catering Special Functions
Shirley Fitzsimons/A Riciotti	Kitchen Supplies

Publicity and Promotions, and Publications

Peter McQuie	Newsletter/Brochure/Information Leaflet Formatter
Graham Field	Brochure Distribution
Bob Howie	Newsletters – Publish & Post
John Driver	Newsletter - Email
Margot Roth	Newsletter Editor
Peter Nash	Promotions
Margaret Scott Pross	Media Liaison
Ken O'Sullivan	Photographer
Ho and Chai Ng	Sponsorship – Brochure/Newsletter
D Meredith/M Mitchell	Speakers – Promoting U3A
Ron McQuade	SCRG Rep
Lance Peters	EMF Rep/Member Survey
Trudy Brady	Archivist

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Courses 2006

MANNINGHAM U3A – 2006 COURSES

About Ourselves

Cooking of the Middle East (Code 3095)

Katherine Haddad

Thu 11:00-1:00 Wk 2,4 Terms: 1,2,3,4 Venue: Memorial Hall – Kitchen

Cooking With Greek Filo (Code 3100)

A demonstration course with tasting of the many ways to use filo pastry in Greek cooking, both sweet and savoury: baklava, spanakopita, tiropita and other dishes.

Rita Gabriel

Wed 1:00-2:30 Wk 4 Terms: 1,2,3 Venue: Memorial Hall – Kitchen

Dining Out with Friends (Code 3600)

Join us for our next meal at one of the many restaurants in the Manningham area. These dinners are proving to be very successful. The menus are varied and the prices are reasonable. Should anyone need transport, this can be arranged. The list for the next dinner together with a menu is on the notice board outside the U3A Office. Costs per meal are generally between \$20 and \$35.

Hazel Ferguson

Wed 7:00 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 & family secrets? You will receive support while you investigate your family tree with a view to integration into the self-help group.

Peter Nash

Mon 12:30-2:00 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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 discoveries regarding their heritage. Aimed at members who are capable of working on their own.

Valerie Bell

Mon 12:30-2:00 Wk 2,4 Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

I Ching - Study and Discussion (Code 5600)

I Ching is one of the world's great books of wisdom and dates from 1000 BCE. It embodies the law, processes and rhythms of change in all life. A bridge between everyday thought and higher consciousness, we study origins, symbolism and consultation procedures, asking questions and studying answers. Uses the Wilhelm translation.

Beverley Milne

Thu 9:00-10:30 Weekly Terms: 2 Venue: Memorial Hall - Side Room

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 2:30-4:00 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 10:45-12:15 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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 10:45-12:15 Wk 1,3 Terms: 1 Venue: Doncaster Senior Citizens

Meditation (Code 6300)

John Fairbrass

Fri 2:15-3:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Philosophy - Hindu (Code 7200)

This course is based on the sacred scriptures, The Vedas. The course will examine these ancient scriptures and how the philosophy is applied today.

Saroja Swami

Fri 12:30-2:00 Weekly Terms: 2,3 Venue: Memorial Hall - Side Room

Philosophy - Social (Code 7220)

Details of the study will be negotiated with class members. Cost for class notes is approx. \$15 over the year.

Dawn Heffernan

Wed 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Psychology - Group A (Code 7720)

Heather Ambrose

Thu 9:00-10:30 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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 10:45-12:15 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Reincarnation, Karma and Your Life (Code 7840)

Reaping what we sow is a law of life called Karma (Sanskrit), acknowledged in Christian, Hindu and other teachings. Reincarnation means many lifetimes, long and short; to understand, balance energies and spiritually evolve. Understand in the light of Karma. Discussions include race, religion, sexuality, abortion, talents and deformities.

Beverley Milne

Thu 9:00-10:30 Weekly Terms: 3,4 Venue: Memorial Hall - Side Room

About Our World

Bird Watching (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 outside the U3A office.

Jennifer Flood

Tue 9:00-10:30 Wk 4 Terms: 1,2,3,4 Venue: Various Locations

Car Maintenance Made Easy (Code 1670T1)

Douglas Brewer

Wed 9:00-10:00 Weekly Terms: 1 Venue: Memorial Hall – Kitchen

Car Maintenance Made Easy (Code 1670T3)

Douglas Brewer

Wed 9:00-10:00 Weekly Terms: 3 Venue: Memorial Hall – Kitchen

Car Maintenance Made Easy (Code 1670T2)

Douglas Brewer

Wed 9:00-10:00 Weekly Terms: 2 Venue: Memorial Hall – Kitchen

Current Affairs (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 12:45-2:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

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.

John Moore

Fri 12:30-2:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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

History - Asian Studies - India (Code 5500)

These two Asian Studies examine the geography, history and the political and economic development of each country, mainly throughout the 20th century.

Audrey Davitt

Tue 10:45-12:15 Weekly Terms: 3,4 Venue: Applewood Retirement Village

History - Asian Studies - Japan (Code 5502)

Audrey Davitt

Tue 10:45-12:15 Weekly Terms: 1,2 Venue: Applewood Retirement Village

History - Australian (Code 5510)

Alternative Explorers, Convict Society, Gold Fever, Ned Kelly, Melbourne Cup, Bush Brotherhood, Legend of the Nineties, Great War, W.W.II - Pacific Theatre, Peace, Prosperity, Power and Politics.

Des Thornton

Tue 10:45-12:15 Wk 2,4 Terms: 1,2,3 Venue: U3A Centre - Function Room

Maths in Society (Code 6230)

Emphasis will be placed on mastering the basic skills of arithmetic, including maths in society.

Elaine Dodds

Wed 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Monthly Talks (Code 6500)

Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board outside the office. \$1.00 entry to cover expenses & cuppa. Open to the public so visitors are welcome.

Coral Vercoe

Mon 2:15-3:45 Wk 2 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Science - Water Management (Code 8000)

The world's water future is under threat and as the driest continent Australia is at risk. Through reading, study and discussion we will inform ourselves about water in Victoria, Australia and the world - who owns it, distributes it, etc. What does the future hold?

Barbara Wertheim

Thu 10:45-12:15 Wk 1,3 Terms: 1,2 Venue: U3A Centre - Function Room

Stock Market - Level 1 (Code 8400)

Designed for the inexperienced, would-be investor who would like to find out how the system operates. Includes the roles of stockbrokers, listed companies, investors, the Stock Exchange & the regulators.

John Corcoran

Thu 12:30-2:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Stock Market - Level 2 (Code 8401)

John Corcoran

Thu 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Computing

Computers - Basics for Beginners (Code 2001T4)

Don McKelvie

Tue 4:00-5:30 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - Basics for Beginners (Code 2000T1)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Basics for Beginners (Code 2000T2)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Basics for Beginners (Code 2000T3)

Don McKelvie

Mon 4:00-5:30 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Basics for Beginners (Code 2000T4)

Kent Garland

Mon 4:00-5:30 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - Excel - Level 1 (Code 2100T2)

Carol Cameron

Wed 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Excel - Level 2 (Code 2102T4)

Carol Cameron

Wed 4:00-5:30 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - for Novices (Code 2125T1A)

Coral Newstead

Tue 1:30-3:00 Weekly Terms: 1 Venue: Templestowe Heights Primary School

Computers - for Novices (Code 2125T2A)

Coral Newstead

Tue 1:30-3:30 Weekly Terms: 2 Venue: Templestowe Heights Primary School

Computers - Housekeeping (Code 2150T1)

Peter Nash

Thu 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Housekeeping (Code 2150T2)

Peter Nash

Thu 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Uniting Church

Computers - Housekeeping (Code 2150T3)

Peter Nash

Computers - Internet & Email (Code 2250T2)

Peter Bishop

Thu 9:15-10:45 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Internet & Email (Code 2250T3)

Peter Bishop

Thu 9:15-10:45 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Internet & Email (Code 2250T1)

Rosemary Flora

Thu 9:15-10:45 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Internet & Email (Code 2250T4)

Peter Bishop

Thu 9:15-10:45 Weekly Terms: 4 Venue: Templestowe Valley Primary School

Computers - MS Publisher (Code 2300T3)

Barbara Hall

Wed 4:00-5:30 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - MS Word (Code 2305T1)

Barbara Hall

Term 1 Venue: Templestowe Primary School

Computers - Photo-editing (Code 2700T3B)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Photo-editing (Code 2700T1A)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Photo-editing (Code 2700T1B)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 1 Venue: Templestowe Valley Primary School

Computers - Photo-editing (Code 2700T2A)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 2 Venue: Templestowe Valley Primary School

Computers - Photo-editing (Code 2700T3A)

Barry Klein

Tue 4:00-5:30 Weekly Terms: 3 Venue: Templestowe Valley Primary School

Computers - Users Group (Code 2750)

The aim is to enable members who own a computer to share experiences and solutions to problems, access our shareware library, hear guest speakers and learn more about the Internet. No fee. Open to the public. Visitors welcome.

Barry Klein

Mon 12:30-2:00 Wk 1 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Computers - Web Page Design (Code 2800T2)

Tony Heyes

Wed 3:30-5:00 Weekly Terms: 2 Venue: Templestowe Heights Primary School

Computers - Windows XP (Code 2820T1)

Peter Nash

Wed 4:00-5:30 Weekly Terms: 1 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820T2)

Peter Nash

Wed 4:00-5:30 Weekly Terms: 2 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820T3)

Peter Nash

Wed 4:00-5:30 Weekly Terms: 3 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820T4)

Peter Nash

Wed 4:00-5:30 Weekly Terms: 4 Venue: U3A Centre - Function Room

Creative Arts

Art - Learning To See Anew (Code 1100)

Discussion and analysis of works of art will accompany skill development in line, mixing colours, shape and form, perspective, texture, shading, etc. using a variety of art media.

Christine Lederman

Thu 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Hall

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: Memorial Hall – Hall

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.

Adelle Harries

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Drawing & Pastels - Level 2 (Code 3750)

Laurie Bicknell

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Drawing & Pastels - Level 3 (Code 3751)

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

Adelle Harries

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Drawing Plus - Level 2 (Code 3755)

This class is for people who have knowledge of drawing and are able to do pen and ink work as well as pastel painting. We will be doing still-life and portraits.

Adelle Harries

Fri 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Embroidery - Level 1 (Code 4120)

Embroidery for the beginner to the more experienced.

Desiree Higgins

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

Embroidery - Needles & Thread (Code 4140)

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

Joanna Eden

Tue 10:45-12:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Handcrafts (Code 5300)

A self-help group for sharing skills and experimenting together. We will include making greeting cards, covered boxes, gifts, etc., using the techniques of rubber-stamping, quilling, decoupage, beading, etc. We will attempt to cover individual requests.

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 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

Mosaics in Glass (Code 6600)

Learn the basic skills of mosaics: planning and designing, cutting and applying tiles, grouting and finishing. We'll commence with smaller projects. Materials supplied by the tutor at a cost of about \$50.

Susan Ferres

Tue 11:00-1:00 Weekly Terms: 1,2,3 Venue: Memorial Hall – Kitchen

Music - Choral Group (Code 6635)

Cleone Jordan

Thu 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Greenview Retirement Village

Music - History & Appreciation (Code 6640)

This year we complete our survey of the 19th century and move into the 20th. Composers to be studied are Mahler, R. Strauss, Lehar, Tchaikovsky, Rachmaninov, Elgar, Debussy, Ravel.

David Lording

Mon 2:15-3:45 Weekly Terms: 1,3,4 Venue: Templestowe Uniting Church

Music - Jazz (Code 6650)

Each session of this 8-week course will concentrate on the playing style and development of one jazz instrument with listening and discussion of the music from early days to the present. Enjoy bass, piano, percussion, banjo/guitar, trumpet, etc.

Alan Farrar

Fri 10:45-12:15 Wk 1,3 Terms: 2,3,4 Venue: U3A Centre - Function Room

Music - Jazz (Code 6650T1)

Raymond Reaburn

Fri 10:45-12:15 Weekly Terms: 1 Venue: U3A Centre - Function Room

Music - Recorder Group (Code 6670)

This group is for people who can play a recorder at any level of competence. 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.

Beryl Nichols

Fri 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

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

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.

Jan Palmer

Thu 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Painting - Watercolour - Self Help (Code 7060)

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

Jeffrey Brown

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Currawong Bush Park

Painting With Oils (Code 7080)

This course welcomes both beginners and those with some experience in painting with oils. Initial costs for supplies for a beginner is about \$50.

Bernadine Williams

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

Pottery - Handbuilt (Code 7500)

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

Marjorie Beecham

Fri 10:00-1:00 Weekly Terms: 2,3 Venue: Warrandyte Arts Association

Sculpture (Code 8220)

This year the group will choose the topic and purchase materials together.

Beginners are welcome. Supplies may cost up to \$20 depending on the project chosen.

Suzanne Kaldor

Wed 10:00-12:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Kitchen

Wood Carving - an Introduction (Code 9050)

The course develops skills with whittling (carving in the round) and chip carving (decorative carving) using a special kit (cost approximately \$50).

Patrick Burder

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

English: Written and Spoken

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 2006 costs are \$62 (concession), \$89 (seniors), \$104 (full). Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation.

Evelyne Perks

Wed 2:15-3:45 Wk 3 Terms: 1,2,3,4 Venue: Applewood Retirement Village

English Conversation - Level 1 (Code 4200)

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

Bridget Halge

Wed 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Private Residence

English Conversation - 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 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Foyer

English Literature (Code 4280)

1950-2005. A study of poetry, drama, the short story, biography, literary films and novels. In addition to the written word, audio-visual equipment will be used.

Barbara Hays

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

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

Writing - The Written Word (Code 9120)

For people who wish to make their family history more interesting or for those who just have an urge to write. Join us and enjoy the constructive comments of the group on your efforts.

Jack Bayliss

Mon 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Writing Workshop - Creative (Code 9100)

Have you some writing experience? Do you enjoy writing poems or short stories? Are you prepared to have your work critically appraised in a small supportive group? If so, we would like to have you join our class.

Kathleen Herron

Wed 9:30-11:30 Wk 3 Terms: 1,2,3,4 Venue: Donvale Retirement Village

Games & Hobbies

Bridge - Beginners (Code 1500)

Learn the basics of Bridge including counting, opening and responding (Terms 1 & 2). Continue on to include practice playing under supervision (Terms 3 & 4). Members must have experience in playing other card games such as Solo or Five Hundred and should ensure regular attendance without extended breaks.

Nena Reid

Tue 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Bridge - Duplicate - Group A (Code 1522)

John Driver

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

Bridge - Duplicate - Group B (Code 1520)

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.

Ross Henderson

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

Card Games are Fun (Code 1673)

Yit Seong Liew

Fri 1:00-3:00 Weekly Terms: 4 Venue: Templestowe Orchards Retirement Village

Cryptic Crosswords (Code 3300T3)

Barbara Hetherington

Tue 2:30-3:30 Weekly Terms: 3 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. 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: Memorial Hall – Hall

Solo (Code 8300)

Not up to playing Bridge? Why not try Solo? The game we play is the original with 'prop and cop'. Auction Solo is also played. Tuition for beginners is available. Previous knowledge of Five Hundred or similar card games is helpful.

Robert Axtens

Wed 1:00-4:00 Weekly Terms: 1,2,3,4 Venue: Roseville 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.

Evelyne Perks

Mon 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

Ballroom Dancing - Level 1 (Code 1250)

Come dancing. Have fun, meet people, keep fit and be happy. Men are particularly welcome.

Ethel Fredericks

Mon 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Ballroom Dancing - Level 2 (Code 1255)

Come dancing. Enjoy yourself and keep fit. This course is meant for those who have had three or more years of social dancing or been through the Level 1 class.

NB Only one class per member.

Lawrence Chien

Mon 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Ch'I-Kung Movement, Meditation & Healing (Code 1700)

Gently flowing movements (root of T'ai-Chi) for flexibility, balance, awareness, self-healing and general well-being, including the five Animals Movements natural therapeutic cycle. Breathing, guided meditation imagery, colour and inspiration. Healing teaching and exercises with individual guidance. Sharing of experiences is invited.

Beverley Milne

Wed 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Five Tibetans (Code 4400T1)

Rosemary Greenstone

Thu 10:45-11:45 Weekly Terms: 1 Venue: U3A Centre – Stadium

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 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Lawn Bowls - Level 1 (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. No fees.

Barry Wilkins

Thu 2:15-3:45 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 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Rieschiecks Reserve

Physiotherapy (Code 9900)

Teresa Bowden

Mon 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Strength Training - Level 1 (Code 8500T2)

Moira Axtens

Tue,Fri 10:45-12:15 Weekly Terms: 2 Venue: U3A Centre – Stadium

Strength Training - Level 1 (Code 8500T3)

Moira Axtens

Tue,Fri 10:45-12:15 Weekly Terms: 3 Venue: U3A Centre – Stadium

Strength Training - Level 1 (Code 8500T1)

Moira Axtens

Tue,Fri 10:45-12:15 Weekly Terms: 1 Venue: U3A Centre – Stadium

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

Moira Axtens

Tue,Fri 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

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

Moira Axtens

Tue,Fri 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

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

Anyone who has completed an introductory course is eligible to join one of the Level 2 groups. Classes on Tuesdays and Thursdays will be under the direction of a tutor/leader and the second weekly sessions (on Fridays or Mondays) will be self-help ones, where participants will meet together to carry out a program of exercises determined by the tutor. Course fee \$10.00 (for the use of equipment) payable at the U3A office prior to the beginning of each term or \$40 at the start of the year for the whole year..

Moira Axtens

Mon,Thu 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

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.

William Doyle

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

Tai Chi - Level 1 (Code 8655)

This simplified Sun Style form is very beneficial for general health and well being, improving breathing, balance, flexibility & coordination.

Angelina Chung

Tue 10:15-11:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

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 11:30-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tai Chi Ch'uan (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 1:15-2:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tennis (Code 8750)

This social tennis group welcomes all those who have ever played. We meet every Monday from February to November at Donvale Tennis Club.

Beryl Mathieson

Mon 9:00 start Weekly Terms: 1,2,3,4 Venue: Donvale Tennis Club

Walking for Exercise - Friday (Code 9005)

Walk in Birrarung Park. Meet in the second car park on the right near the children's playground. Melways 32 H4

Douglas Brewer

Fri 9:15-10:15 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.

Robert Nicol

Wed 9:15-10:15 Weekly Terms: 1,2,3,4 Venue: Various Locations

Walking for Fitness (Code 9010)

A weekly walk in and around different parks and reserves in Manningham. To enjoy this class participants should be reasonably fit and injury free. The schedule for each term will be on the notice board outside the U3A office.

Don McKelvie

Thu 9:15-10:15 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 notice board outside the U3A Office.

Audrey Killey

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

Yoga - Chair (Code 9200)

This course is suitable for both beginners and those who have already experienced Yoga. It includes limbering, breathing, postures, relaxation, meditation, plus simple philosophy leading to a calm, aware mind in an energised body. Each student sits on, and stands behind, a chair.

Genevieve Rawson

Wed 12:30-2:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Yoga - Classical - Group A (Code 9220)

Lilia Glushkoff

Wed 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Private Residence

Yoga - Classical - Group B (Code 9222)

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 4:00-5:30 Weekly Terms: 1,2,3,4 Venue: Private Residence

Yoga - For the Not-So-Supple (Code 9240)

An adaptation of eastern Yoga practices for older persons who may have mild mobility problems. Emphasis on gentle practices (asanas), correct breathing patterns (pranayama) and relaxation techniques (sidhana). An introduction to Kum Nye. Relaxation (Tibetan) to energise the body, mind and senses.

Lorna Andreassen

Fri 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Yoga - Hatha - Group A (Code 9260)

Lesley Catt

Mon 12:00-1:15 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Yoga - Hatha - Group B (Code 9265)

Lesley Catt

Mon 1:15-2:45 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Yoga - Hatha - Group C (Code 9270)

Stretch and relax your body; quieten and free your mind; discover yourself in both movement and stillness. NB - only one yoga class per member

Lesley Catt

Mon 2:45-4:15 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Languages

Chinese - Mandarin - Level 3 (Code 1800)

Linda Chin

Tue 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

English - Migrant Teaching (Code 4290)

Joan Creber

Thu 2:15-4:15 Weekly Terms: 4 Venue: Memorial Hall - Side Room

French - Level 1 (Code 4504)

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

Henry Zimmerman

Wed 12:30-2:00 Weekly Terms: 1,2,3,4 Venue: Bulleen Senior Citizens

French - Self Help - Level 2/3 (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 - the level to be determined by the knowledge of the participants. Text book: Teach Yourself French.

Hazel Boss

Fri 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

French Conversation - Group A (Code 4500)

This course is for those who have some knowledge of French. We improve our French speaking skills through small group conversation.

Clive Scott

Fri 1:00-2:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

French Conversation - Group B (Code 4502)

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

Monique Plantier

Mon 2:15-3:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

German - Level 1 (Code 5180)

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

Henry Zimmerman

Wed 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Bulleen Senior Citizens

German - Level 2 (Code 5185)

The course is designed for participants who have some German but who are willing to move beyond the basics,(eg ability to understand simple (ie tabloid) newspapers.

Peter Boss

Mon 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Italian - Level 1 (Code 5620)

Neville Heffernan

Wed 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Italian - Level 2 (Code 5625)

An oral, aural & grammar course involving reading and conversation. Texts: A Progressive Italian Grammar by Komadia and Orifice. (Univ. of WA), Buongiorno Italia (BBC, any edition but do not buy the kit.) Cost about \$55. Texts are used for both classes.

Neville Heffernan

Wed 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Italian - Self Help (Code 5650)

A conversation and reading class for anyone with a reasonable grasp of Italian grammar.

Very relaxed group.

Peter Goodwin

Mon 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Doncaster Senior Citizens

Latin - Level 3 (Code 6040)

A continuation of the Latin for Beginners 2003 class. Other students with some knowledge of Latin are welcome. Text book: Latin Cambridge Course Stage 3 (approximately \$40.00.)

Helen Kearton

Tue 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

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Volunteers in Positions of Responsibility 2007

Office Administration

Deirdre Meredith	Purchaser - Office Supplies
Marjorie Newitt/Ruth Jensz	Office Duty Roster
Elizabeth Voce/Vicki Curtis	Office Duty Replacements Term 1
Tess Gibbs/Jan McCauliffe	Office Duty Replacements Term 2
Faye Neyland/P Baddeley	Office Duty Replacements Term 3
Valerie McLaughlan/L Eames	Office Duty Replacements Term 4
Bev Reed	Petty Cash/Photocopier Payment Records
Noel Hatton	Equipment Repairs
Helen Hickey	Noticeboards/Forms supply/ Class Pockets
Leong Kwok	Computer Programmer/Website Update
Don McKelvie	Computer Hardware Maintenance
George Dundas	Mail Collector (Holidays)

Programs

Maureen Mitchell	Courses Convenor/Tutor Needs
Carol Cameron	Coordinator – Computer Tutors
Rosemary Flora	Specialty Courses Coordinator
Yvonne Thompson	Class Reps Coordinator
Heather Bione	Timetables
Wendy Donovan	Courses Publicity
Joan Creber	Migrant English Program
Pearl Lubansky/Peter Nash	People with Special Needs Program

Enrolments and Data

Norm Dodds	Enrolment Officer
Lyn Torrens	Class Lists/Waiting Lists
John Driver	Enrolment Days Process
Gareth Mann	Enrolment – Short Courses
Frank Woodward	Enrolment Banking Officer

Catering

Margaret De Landre	Catering Coordinator - Special Functions
Shirley Fitzsimons/A Riciotti	Kitchen Supplies

Publicity and Promotions, and Publications

Peter McQuie	Newsletter/Brochure/Information Leaflet
Formatter	
Graham Field	Brochure Distribution
Anne and Stuart McCulloch	Newsletters – Publish & Post
John Driver	Newsletter - Email
Margot Roth	Newsletter Editor
Peter Nash	Photographer
Margaret Scott Pross	Media Liaison
Ho and Chai Ng	Sponsor Finders – Brochure/Newsletter
D Meredith/M Mitchell	Speakers – Promoting U3A
Ron McQuade	Senior Citizens Reference Group Rep
Lance Peters	Eastern Metropolitan Forum Rep
David Farrar	U3A Network Rep

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Courses 2007

MANNINGHAM U3A – 2007 COURSES

About Ourselves

Cooking - Greek (Code 3090)

A demonstration course with tasting. In 2007 we will teach different Greek dishes and how to prepare them - e.g. dolmades, dips etc. There will be a small charge to cover the cost of ingredients.

Rita Gabriel

Wed 1:00-2:30 Weekly Terms: 1,2 Venue: Memorial Hall – Kitchen

Culture, Theory and Practice (Code 3400)

Text: Alain de Botton's book: The Consolations of Philosophy. The class is conducted in an atmosphere of friendly open dialogue. If possible, participants should read the first chapter of the book before class commences. Books are available from Borders and Academic & General: cost \$26.95

Joan Sheridan

Tue 2:30-3:30 Weekly Terms: 3,4 Venue: Memorial Hall – Hall

Dining Out with Friends (Code 3600)

Join us at one of the many restaurants in the Manningham area. These dinners are proving to be very successful. The menus are varied and the prices are reasonable. Should anyone need transport, this can be arranged. Lists for dinners, together with menus, are posted on the notice board outside the U3A Office. Costs per meal are generally between \$20 and \$35. Hazel Ferguson

Wed 7:00 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 & family secrets? You will receive support while you investigate your family tree with a view to integration into the self-help group.

Peter Nash

Mon 12:30-2:00 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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 discoveries regarding their heritage. Aimed at members who are capable of working on their own.

Valerie Bell

Mon 12:30-2:00 Wk 2,4 Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

I Ching - Study and Discussion (Code 5600)

I Ching is one of the world's great books of wisdom and dates from 1000 BCE. It embodies the law, processes and rhythms of change in all life. A bridge between everyday thought and higher consciousness, we study origins, symbolism and consultation procedures. Uses the Wilhelm translation.

Beverley Milne

Thu 9:00-10:30 Weekly Terms: 2 Venue: Memorial Hall - Side Room

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 2:30-4:00 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 10:45-12:15 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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 10:45-12:15 Wk 1,3 Terms: 1 Venue: Memorial Hall - Side Room

Meditation (Code 6300)

For new and experienced meditators. Practise different meditation techniques and learn how they can be applied to reduce stress and anxiety to improve the quality of life.

John Fairbrass

Fri 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Meditation B (Code 6305)

This Course suits both experienced meditators and new comers. Guidance is given in the basic principles and practice of meditation, leading into silent time.

Beverley Milne

Thu 1:30-3:00 Weekly Terms: 2,3,4 Venue: Domaine Retirement Village

Philosophy - Social - Group A (Code 7218)

see Group B

Dawn Heffernan

Wed 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Philosophy - Social - Group B (Code 7220)

Details of the study will be negotiated with class members. Cost for class notes is approx. \$15 over the year.

Dawn Heffernan

Wed 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Philosophy & Culture - Hindu (Code 7200)

Hindu philosophy and religion is based on experience, personal discovery and testing of things. This spirituality is diverse, all encompassing and a useful exercise for mind and spirit.

Saroja Swami

Fri 12:30-2:00 Weekly Terms: 2 Venue: Memorial Hall – Kitchen

Psychology - Group A (Code 7720)

Heather Ambrose

Thu 9:00-10:30 Wk 2,4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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 10:45-12:15 Wk 2,4 Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Reincarnation, Karma and Your Life (Code 7840)

Reaping what we sow is a law of life called Karma (Sanskrit). Reincarnation means many lifetimes, long and short; to understand, balance energies and spiritually evolve. Discussions include race, religion, sexuality, abortion, talents and deformities.

Beverley Milne

Thu 9:00-10:30 Weekly Terms: 3,4 Venue: Memorial Hall - Side Room

About Our World

Astronomy & Cosmology 1 (Code 1150)

We explore our cosmic origins from the Big Bang to the emergence of life and intelligence. How do galaxies, stars and planets form and raise life? How did life on earth evolve from simple origins to complex beings? Are we alone? What are 'mind' and 'intelligence'?

John O'Connor

Wed 12:30-2:15 Weekly Terms: 2,4 Venue: U3A Centre - Function Room

Bird Watching - Self Help (Code 1350)

Bruce Ford

Tue 9:00-10:30 Wk 4 Terms: 1,2,3,4 Venue: Various Locations

Current Affairs (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 12:45-2:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

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.

John Moore

Fri 12:30-2:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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

History - Australian (Code 5510)

Inland explorers, imperial responses, foundation of South Australia, WW1 at home, Federation, Great Depression, communications, WW2 and Commonwealth powers, Australian foreign policy post WW2.

Des Thornton

Tue 10:45-12:15 Wk 2,4 Terms: 1,2,3 Venue: U3A Centre - Function Room

History - Military, Political & Social (Code 5540)

Robert Ellis

Tue 10:45-12:15 Wk 2,4 Terms: 3,4 Venue: U3A Centre - Function Room

History Of Medicine (Code 5550)

History of medicine from the Renaissance to the modern era.

Laurence Simpson

Tue 2:15-3:45 Weekly Terms: 3,4 Venue: Memorial Hall - Side Room

Maths in Society (Code 6230)

A continuation of the Maths in Society 2006 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 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

Monthly Talks (Code 6500)

Come along and be entertained, enriched and enlightened. Ask your class representative for details and check the U3A notice board outside the office. \$1.00 entry to cover expenses & cuppa. Open to the public so visitors are welcome.

Coral Vercoe

Mon 2:15-3:45 Wk 4 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Religions Of The World (Code 7850)

This is a 9 week course about founders, development and cultural differences for each religion, its place in human need and its history. Follow the path of Hinduism, Judaism, Islam, Christianity and religions of China and Japan.

Peter Nash

Thu 9:00-10:30 Wk 1,3 Terms: 1,2 Venue: U3A Centre - Function Room

Science - The Food Industry (Code 8000)

Start 12,000 years ago with the role of food preservation in the rise of civilisation, then move through to the present, examining food processing technology; what Australia makes; new product development techniques. Conclude with food marketing, especially the means used to induce consumers to buy.

Tom Heyhoe

Mon 10:45-12:15 Weekly Terms: 3 Venue: Memorial Hall - Side Room

Stock Market (Code 8400)

Designed for the inexperienced, would-be investor who would like to find out how the system operates. Includes the roles of stockbrokers, listed companies, investors, the Stock Exchange & the regulators. Course extends for the full year. Cost of class notes \$8.50.

John Corcoran

Thu 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Computing

Computers - Basics for Beginners (Code 2000T4)

Kent Garland

Mon 3:30-5:00 Weekly Terms: 4 Venue: Templestowe Heights Primary School

Computers - Basics for Beginners (Code 2000T1)

Kent Garland

Mon 3:30-5:00 Weekly Terms: 1 Venue: Temple stowe Heights Primary School

Computers - Basics for Beginners (Code 2000T2)

Kent Garland

Mon 3:30-5:00 Weekly Terms: 2 Venue: Templestowe Heights Primary School

Computers - Basics for Beginners (Code 2000T3)

Kent Garland

Mon 3:30-5:00 Weekly Terms: 3 Venue: Templestowe Heights Primary School

Computers - Excel - Level 1 (Code 2100T2)

Carol Cameron

Wed 3:30-5:00 Weekly Terms: 2 Venue: Templestowe Heights Primary School

Computers - Excel - Level 2 (Code 2102T4)

Carol Cameron

Wed 3:30-5:00 Weekly Terms: 4 Venue: Templestowe Heights Primary School

Computers - For Novices (Code 2125T1B)

Coral Newstead

Tue 1:30-3:00 Weekly Terms: 1 Venue: Templestowe Heights Primary School

Computers - for Novices (Code 2125T2A)

Coral Newstead

Tue 1:30-3:00 Weekly Terms: 2 Venue: Templestowe Heights Primary School

Computers - Housekeeping (Code 2150T3)

Peter Nash

Thu 3:30-5:00 Weekly Terms: 3 Venue: Templestowe Heights Primary School

Computers - Internet & Email (Code 2250T4)

Peter Bishop

Thu 3:30-5:00 Weekly Terms: 4 Venue: Templestowe Heights Primary School

Computers - Internet & Email (Code 2250T1)

Peter Bishop

Thu 3:30-5:00 Weekly Terms: 1 Venue: Templestowe Heights Primary School

Computers - Internet & Email (Code 2250T2)

Peter Bishop

Thu 3:30-5:00 Weekly Terms: 2 Venue: Templestowe Heights Primary School

Computers - MS Publisher (Code 2300T3)

Barbara Hall

Wed 3:30-5:00 Weekly Terms: 3 Venue: Templestowe Heights Primary School

Computers - MS Word (Code 2305T1)

Barbara Hall

Wed 3:30-5:00 Weekly Terms: 1 Venue: Templestowe Heights Primary School

Computers - Photo-editing (Code 2700T2B)

Barry Klein

Tue 1:30-3:00 Weekly Terms: 2 Venue: Templestowe Heights Primary School

Computers - Photo-editing (Code 2700T4A)

Barry Klein

Tue 1:30-3:00 Weekly Terms: 4 Venue: Templestowe Heights Primary School

Computers - Photo-editing (Code 2700T4B)

Barry Klein

Tue 1:30-3:00 Weekly Terms: 4 Venue: Templestowe Heights Primary School

Computers - Users Group (Code 2750)

The aim is to enable U3A members who own a computer to share experiences and solutions to problems, hear guest speakers and learn more about their computers. Visitors welcome.

Barry Klein

Mon 12:30-2:00 Wk 1 Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820T3)

Peter Nash

Fri 2:15-3:45 Weekly Terms: 3 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820T4)

Peter Nash

Fri 2:15-3:45 Weekly Terms: 4 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820T1)

Peter Nash

Fri 2:15-3:45 Weekly Terms: 1 Venue: U3A Centre - Function Room

Computers - Windows XP (Code 2820T2)

Peter Nash

Fri 2:15-3:45 Weekly Terms: 2 Venue: U3A Centre - Function Room

Creative Arts

Art - Analysis & Practice - Learning To See Anew (Code 1100)

Analysis of many elements as seen in all types of art works and in our surroundings. Exercises that develop awareness and skills in line/form /space and colour. Includes some History of Art via different styles and weekly discussion of 3 pictures.

Christine Lederman

Thu 11:00-1:00 Weekly Terms: 1,2,4 Venue: Memorial Hall – Hall

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 10:30-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

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.

Adelle Harries

Wed 10:30-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Drawing & Pastels - Level 2 (Code 3750)

Both 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: Memorial Hall – Hall

Drawing & Pastels - Level 3 (Code 3751)

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

Adelle Harries

Mon 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Drawing Plus - Level 2 (Code 3755)

This class is for people who have knowledge of drawing and are able to do pen and ink work as well as pastel painting. We will be doing still-life and portraits.

Adelle Harries

Fri 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

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: Roseville Retirement Village

Embroidery - Needles & Thread (Code 4140)

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

Joanna Eden

Tue 10:45-12:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Handcrafts (Code 5300)

A self-help group for sharing skills and experimenting together. We will include making greeting cards, covered boxes, gifts, etc., using the techniques of rubber-stamping, quilling, decoupage, beading, etc. We will attempt to cover individual requests.

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 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

Music - Choral Group (Code 6635)

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

Cleone Jordan-Baini

Thu 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Greenview Retirement Village

Music - History & Appreciation (Code 6640)

This year we complete our survey of the 20th century and go back 250 years to the Baroque with such composers as Bach, Handel & Vivaldi. Cost of class notes: \$20.

David Lording

Mon 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Music - Recorder Group (Code 6670)

This group is for people who can play a recorder at any level of competence. 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 \$10.

Beryl Nichols

Fri 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

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 1:00-3:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

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.

Jan Palmer

Thu 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Painting - Watercolour - Self Help (Code 7060)

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

Jeffrey Brown

Mon 9:00-11:00 Weekly Terms: 1,2,3,4 Venue: Currawong Bush Park

Painting With Oils (Code 7080)

This course welcomes both beginners and those with some experience in painting with oils. Initial costs for supplies for a beginner is about \$50.

Bernadine Williams

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

Pottery - Handbuilt (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 is \$20).

Marjorie Beecham

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

Sculpture (Code 8220)

This is our 3rd year! We decide on a project and work together in a friendly atmosphere. Cost of materials: approx.\$1 5

Suzanne Kaldor

Wed 11:00-1:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Kitchen

Wood Carving - An Introduction (Code 9050)

Whittling and chip carving - developing carving in the round and decorative carving skills. Initial kit supplied @ \$50 approx.

Patrick Burder

Mon 9:30-11:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

English: Written and Spoken

American Literature -1700-1900 (Code 1060)

We will study selected poetry, short stories, novels, biographies & other interesting writings, to describe the way in which American society developed during this period. In addition to the written word, video will be used.

Barbara Hays

Thu 1:00-3:00 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 2007 costs are \$62 (concession), \$89 (seniors), \$104 (full). Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation.

Evelyn Perks

Wed 2:15-3:45 Wk 3 Terms: 1,2,3,4 Venue: Greenview Retirement Village

English Conversation - Level 1 (Code 4200)

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

Bridget Halge

Wed 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Private Residence

English Conversation - 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 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

English Tutor Training For Teaching Migrants (Code 4290T4)

Joan Creber

Mon 10:30-12:30 Weekly Terms: 4 Venue: Memorial Hall - Side Room

English Tutor Training for Teaching Migrants (Code 4290T1)

Joan Creber

Fri 12:15-2:15 Weekly Terms: 1 Venue: Memorial Hall - Side Room

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

Writing - Basic Skills (Code 9110)

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 9:15-10:30 Weekly Terms: 2 Venue: U3A Centre – Foyer

Writing - The Written Word (Code 9120)

For people who wish to make their family history more interesting or for those who just have an urge to write. Join us and enjoy the constructive comments of the group on your efforts.

Jack Bayliss

Mon 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Writing Workshop - Creative (Code 9100)

Have you some writing experience? Do you enjoy writing poems or short stories? Are you prepared to have your work critically appraised in a small supportive group? If so, we would like to have you join our class.

Kathleen Herron

Wed 9:30-11:30 Wk 3 Terms: 1,2,3,4 Venue: Donvale Retirement Village

Games & Hobbies

Bridge - Beginners (Code 1500)

Learn the basics of Bridge including counting, opening and responding (Terms 1 & 2). Continue on to include practice playing under supervision (Terms 3 & 4). Members must have experience in playing other card games such as Solo or Five Hundred and should ensure regular attendance without extended breaks.

Nena Reid

Tue 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

Bridge - Duplicate - Group A (Code 1520)

Ross Henderson

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

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

Card Games are Fun (Code 1673)

Come and play cards for fun, mental stimulation and social interaction.

Yit Seong Liew

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

Cryptic Crosswords (Code 3300T1)

Barbara Hetherington

Tue 2:15-3:15 Weekly Terms: 1 Venue: Private Residence

Cryptic Crosswords (Code 3300T4)

Barbara Hetherington

Tue 2:15-3:15 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: Memorial Hall - Side Room

Solo (Code 8300)

Not up to playing Bridge? Why not try Solo? The game we play is the original with 'prop and cop'. Auction Solo is also played. Tuition for beginners is available. Previous knowledge of Five Hundred or similar card games is helpful.

Robert Axtens

Wed 1:00-4:00 Weekly Terms: 1,2,3,4 Venue: Roseville 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.

Evelyne Perks

Mon 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

Ballroom Dancing - Level 1 (Code 1250)

Come dancing. Have fun, meet people and keep fit. Men are particularly welcome.

Ethel Fredericks

Mon 2:30-3:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Ballroom Dancing - Level 2 (Code 1255)

Dancing is enjoyable and also a beautiful form of exercise plus a social skill that can be enjoyed at any age. An Intermediate Course - must have 2-3 years at Beginners Level. NB - Only one Ballroom Dancing Class per member.

Patrick Khaw

Mon 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Everyday Exercises for Flexibility and Strength (Code 4301)

Teresa Bowden

Mon 2:15-3:45 Wk 3 Terms: 2 Venue: U3A Centre - Function Room

Everyday Exercises for Flexibility and Strength (Code 4302)

Teresa Bowden

Mon 2:15-3:45 Weekly Terms: 3 Venue: U3A Centre - Function Room

Everyday Exercises for Flexibility and Strength (Code 4300)

Teresa Bowden

Mon 2:15-3:45 Wk 1 Terms: 1,2 Venue: U3A Centre - Function Room

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 each session.

Douglas Brewer

Wed 8:15 for 8:30 start Weekly Terms: 1,2,3,4 Venue: Freeway Golf Course

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 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Indoor Bowls (Code 5605)

Come along and have fun. The tutor says initial comments from past participants have included - I've always wanted to try this sport; and then - I like to win. As well as having fun, there are opportunities to play at competition level, umpire or coach. Comfortable flat soled shoes are recommended.

Valerie Poulton

Tue 10:30-12:00 Weekly Terms: 2,3 Venue: Templestowe Bowling Cub

Lawn Bowls Level 1 (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 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Donvale Bowls Club

Movement To Music (Code 6600)

Jill Perry

Fri 3:00-3:45 Weekly Terms: 3,4 Venue: Memorial Hall – Hall

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 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Rieschiecks Reserve

Strength Training - Level 1 (Code 8500T1)

Moira Axtens

Tue,Fri 9:00-10:30 Weekly Terms: 1 Venue: U3A Centre – Stadium

Strength Training - Level 1 (Code 8500T3)

Moira Axtens

Tue,Fri 10:45-12:15 Weekly Terms: 3 Venue: U3A Centre – Stadium

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

Moira Axtens

Tue,Fri 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

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

Moira Axtens

Tue,Fri 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

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

Level 2 groups offer you the opportunity to build up strength and maintain fitness. Anyone who has completed an introductory course is eligible to join one of the Level 2 groups. Classes on Tuesdays and Thursdays will be under the direction of a tutor/leader and the second weekly sessions (on Fridays or Mondays) will be self-help ones. Then participants will meet together and repeat the program of exercises carried out in the first session of the week. Course fee \$40.00 (for the use of equipment etc.) for the whole year payable at the U3A office prior to course commencement (pro rata for those joining after completing level 1)

Moira Axtens

Mon,Thu 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Stadium

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.

William Doyle

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

Tai Chi (Code 8640)

Basic Ch'i-Kung breathing-movements, developing into more complex coordinations leading into the complete Yang style form cycle. Includes balancing meditation and teaching of practice and symbolic meanings of this art form.

Beverley Milne

Wed 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tai Chi Ch'uan (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 12:30-2:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tai Chi Level 1 (Code 8655)

This simplified Sun Style form is very beneficial for general health and well being, improving breathing, balance, flexibility & coordination.

Angelina Chung

Tue 10:15-11:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

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.

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

Angelina Chung

Tue 11:30-12:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Tennis (Code 8750)

This social tennis group welcomes all those who have ever played.

Beryl Mathieson

Mon 9:00 start Weekly Terms: 1,2,3,4 Venue: Donvale Tennis Club

Walking for Exercise - Friday (Code 9005)

Walk in Birrarung Park. Meet in the second car park on the right near the children's playground. Melways 32 H4. Approximately 1 hour walk. BYO morning tea for after.
Douglas Brewer

Fri 9:15-10:15 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.

Robert Nicol

Wed 9:15-10:15 Weekly Terms: 1,2,3,4 Venue: Ruffey Lake Park

Walking for Fitness (Code 9010)

A weekly walk in and around different parks and reserves in Manningham. To enjoy this class participants should be reasonably fit and injury free. The schedule for each term will be on the notice board outside the U3A office.

Don McKelvie

Thu 9:15-10:15 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 notice board outside the U3A Office.

Audrey Killey

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

Yoga - Chair (Code 9200)

This course is suitable for both beginners and those who have already experienced Yoga. It includes limbering, breathing, postures, relaxation, meditation, plus simple philosophy, leading to a calm, aware mind in an energised body.

Genevieve Rawson

Wed 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Domaine Retirement Village

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 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Yoga - Classical - Group B (Code 9222)

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.

Alan Smith

Thu 2:15-3:45 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

Yoga - For the Not-So-Supple (Code 9240)

An adaptation of eastern Yoga practices for older persons who may have mild mobility problems. Emphasis on gentle practices (asanas), correct breathing patterns (pranayama) and relaxation techniques (sidhana). An introduction to Kum Nye. Relaxation (Tibetan) to energise the body, mind and senses.

Lorna Andreassen

Fri 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Memorial Hall - Side Room

Yoga - Hatha - Group A (Code 9260)

Lesley Catt

Mon 12:00-1:15 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Yoga - Hatha - Group B (Code 9265)

Lesley Catt

Mon 1:15-2:45 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

Yoga - Hatha - Group C (Code 9270)

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

NB - only one yoga class per member

Lesley Catt

Mon 2:45-4:15 Weekly Terms: 1,2,3,4 Venue: Vine & Branches P.G.Centre

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 conversing in everyday situations. Ability to read and write Chinese characters is a recommended prerequisite.

Linda Chin

Tue 1:00-2:30 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Hall

French Conversation - Level 1 (Code 4500)

A one year course in which to make yourself basically understood in the French language.

Clive Scott

Fri 1:00-2:00 Weekly Terms: 1,2,3,4 Venue: Memorial Hall – Kitchen

French Conversation - Level 2 (Code 4502)

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

Monique Plantier

Mon 2:15-3:30 Weekly Terms: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

French Level 1 (Code 4504)

Some knowledge of French required. Textbook: Beginners French (Teach Yourself French series)

Therese Lapadula

Thu 11:00-12:30 Weekly Terms: 1,2,3,4 Venue: Bulleen Senior Citizens

French Self Help - Level 2/3 (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 - the level to be determined by the knowledge of the participants. Text book: Colloquial French - Alan Moye (Routledge) Hazel Boss

Fri 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: U3A Centre - Function Room

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 11:30-1:00 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

German Level 1 (Code 5180)

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

Trudy Ward

Wed 2:15-3:45 Weekly Terms: 3,4 Venue: Memorial Hall - Side Room

Italian Level 1 (Code 5620)

Neville Heffernan

Wed 10:45-12:15 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Italian Level 2 (Code 5625)

An oral, aural & grammar course involving reading and conversation. Texts: A Progressive Italian Grammar by Komadina (Univ. of WA), Buongiorno Italia BBC (1982 edition).

Texts are used for both Level 1 & 2 classes.

Neville Heffernan

Wed 9:15-10:45 Weekly Terms: 1,2,3,4 Venue: Templestowe Uniting Church

Italian Self Help (Code 5650)

A conversation and reading class for anyone with a reasonable grasp of Italian grammar. Very relaxed group.

Peter Goodwin

Mon 9:00-10:30 Weekly Terms: 1,2,3,4 Venue: Doncaster Senior Citizens

Latin for Beginners (Code 6035)

Introduction to the language and culture of the ancient Romans - the source of 50% and more of our own language. A year long course with the view to continuing to Latin 2 in 2008. Textbook: Cambridge Latin Course Book 1 (approx \$40)

Helen Kearton

Tue 1:15-2:15 Weekly Terms: 1,2,3,4 Venue: U3A Centre – Foyer

Latin Level 5 (Code 6040)

A continuation of the Latin for Beginners 2003 class. Other students with some knowledge of Latin are welcome. Text book: Latin Cambridge Course Stage 5 (approximately \$50.00.)

Helen Kearton

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

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Strategic Plan

2007 Strategic Plan for Manningham U3A

This document sets out the 2007 Strategic Plan for Manningham U3A. 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.

Strengths, Weaknesses, Opportunities & Threats

Strengths	Weaknesses
<ol style="list-style-type: none"> 1. Efficiently run organisation. 2. Wide and inclusive breadth of curriculum caters for diverse community interests. 3. Successful volunteering system with a strong sense of ownership. 4. Sustained growth in membership and number of courses. 5. Tutors of high calibre. 6. Provides value for money. 7. Members demonstrate their enjoyment of U3A. 8. Positive community image. Members recommend U3A to their friends. 9. Adaptability to social and population changes. 10. Co-operative relationship with Council. 11. Successful programs to include minority groups. 12. Mutually beneficial relationships with some external providers. 	<ol style="list-style-type: none"> 1. Committee structures and responsibilities need reviewing. 2. Limited space in some classes can disappoint members who are not included in class lists. 3. Development program for our office volunteers can be improved.

Opportunities	Threats
<ol style="list-style-type: none"> 1. Increase Community awareness of and perceptions about the accessibility and sociability of Manningham U3A. 2. Improved room space at Pines may enable classes to increase their membership. 3. Extend our academic course content 4. Extend our use of our available volunteer resources. 5. Support for minority groups could be extended. 6. Extend awareness of U3A to more community groups and local businesses. 7. Make greater use of invited speakers. 8. Maintain co-operative relationship with local government. 9. Maintain mutually supportive relationship with Network. 10. Improve relationships with all external venue providers. 11. Baby boomers will bring expertise and knowledge. 12. Maintain Community programs such as Migrant English. 	<ol style="list-style-type: none"> 1. Younger members joining U3A may not appreciate the values underpinning U3A operations. 2. Our increasing size raises questions about whether members feel overlooked and creates additional administrative work. 3. Membership growth may increase the demand for larger classes and/or additional classes. 4. Shared accommodation may present competition pressures. 5. Support from new Councillors is unknown.

Vision

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

Statement of Purpose

The purpose of Manningham U3A is:

- 1 To provide opportunities for all older people to continue learning by sharing their knowledge, skills and interests.
- 2 To offer educational, cultural and physical programs by and for its members irrespective of their background, qualification or financial circumstances.
- 3 To 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:

1. THAT MANNINGHAM U3A CONTINUES TO MEET THE NEEDS OF THE THIRD AGE COMMUNITY.
2. THAT LOCAL, STATE AND FEDERAL GOVERNMENTS AND OTHER SUPPORTIVE ORGANISATIONS ARE AWARE OF OUR VALUE WITHIN THE COMMUNITY AND CONSEQUENTLY PROVIDE STRONG, ACTIVE AND CONTINUING SUPPORT.
3. THAT MANNINGHAM U3A PROVIDES AN ENVIRONMENT WHERE MEMBERS ARE ABLE TO ENJOY PARTICIPATION AS STUDENTS, TUTORS AND VOLUNTEERS.

KEY STRATEGIES

The following key strategies will be pursued by Manningham U3A in 2007:

- REVIEW THE COMMITTEE STRUCTURES AND SUCCESSION PLAN.
- RECRUIT AND SUPPORT OUR COMMITTEES, TUTORS AND OTHER VOLUNTEERS.
- DEVELOP AND INTRODUCE AN INCREASED DIVERSITY OF COURSES AND COURSE DELIVERY OPTIONS.
- ENHANCE THE PROFILE OF MANNINGHAM U3A IN THE COMMUNITY.

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. MORE EQUITABLE ALLOCATION OF TASKS.	1.1 Review of Committee of Management functions (Administration, Other Sub-Committees)	In Term 2.	Policy & Planning Sub-Committee Chair (Bridget Halge)
	1.2 Analysis of committee structures, job roles and responsibilities, task allocations and workload.	In Term 2.	As Above.
	1.3 Produce a report and recommendations on structural improvements.	In Term 2.	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 Jenz)
	2.2 Determine status of all key positions. <ul style="list-style-type: none"> Ä Current year and following year Ä Risk exposure Ä Succession planning Produce recommendations for actions to resolve any deficiencies identified.	In Term 1.	President. (David Jenz)

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-ordinator (Heather Ambrose)
	1.2 Maintain the Skills Bank database. (Using Participation Forms, Think Tank outcomes, etc.)	In Term 1. At enrolment.	As Above.

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

KEY RESULTS	ACTION PLAN	TIMING	OWNER
1. WE HAVE MORE COURSES AND COURSE DELIVERY OPTIONS.	1.1 Ascertain requirements for new and/or additional courses. <ul style="list-style-type: none"> Ä Waiting Lists Ä Satisfaction Surveys Ä Suggestion Box Produce recommendations.	Term 2. <ul style="list-style-type: none"> Ä Termly Ä Every five years Ä Continuous 	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 Co-ordinator (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' Co-ordinator (Carol Cameron)
	1.4 Continue to expand the use of external presenters (pro bono) for workshops and courses. And develop a database of pro bono external presenters.	On-going. In Term 2.	Speciality Courses Co-ordinator (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 participation in U3A Network and the Eastern Metropolitan Region U3A Forum.	On-going.	Delegated Reps. (David Farrar Lance Peters)
	1.2 Continue lobbying and negotiating with Local Government.	On-going.	Accommodation Sub-Committee Chair (Les Dale)
	1.3 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	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.

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Volunteers in Positions of Responsibility 2008

Office Administration

Deirdre Meredith	Purchaser - Office Supplies
Marjorie Newitt/Ruth Jensz	Office Duty Roster
Elizabeth Voce/Vicki Curtis	Office Duty Replacements Term 1
Tess Gibbs/Jan McCauliffe	Office Duty Replacements Term 2
Faye Neyland/P Baddeley	Office Duty Replacements Term 3
Valerie McLaughlan/L Eames	Office Duty Replacements Term 4
Bev Reed	Petty Cash/Photocopier Payment Records
Noel Hatton	Equipment Repairs
Helen Hickey	Noticeboards/Forms supply/ Class Pockets
Leong Kwok	Computer Programmer/Website Update
Don McKelvie	Computer Hardware Maintenance
Heather Ambrose	Volunteer Appointments
George Dundas	Mail Collector (Holidays)

Programs

Maureen Mitchell	Courses Convenor/Tutor Needs
Carol Cameron	Coordinator – Computer Tutors
Rosemary Flora	Specialty Courses Coordinator
Yvonne Thompson	Class Reps/Deputy Class Reps Coordinator
Heather Bione	Timetables
Wendy Donovan	Courses Publicity
Joan Creber	Migrant English Program
Pearl Lubansky/Peter Nash	People with Special Needs Program

Enrolments and Data

Norm Dodds	Enrolment Officer
Lyn Torrens	Class Lists/Waiting Lists
John Driver	Enrolment Days Process
Gareth Mann	Enrolment – Short Courses
Frank Woodward	Enrolment Banking Officer

Catering

Margaret De Landre	Catering Coordinator - Special Functions
Shirley Fitzsimons/A Riciotti	Kitchen Supplies

Publicity and Promotions, and Publications

Peter McQuie Formatter	Newsletter/Brochure/Information Leaflet
Graham Field	Brochure Distribution
Anne and Stuart McCulloch	Newsletters – Publish & Post
John Driver	Newsletter - Email
Margot Roth	Newsletter Editor
Peter Nash	Photographer
Margaret Scott Pross	Media Liaison
Siok Cheng Ong	Archivist
Ho and Chai Ng	Sponsor Finders – Brochure/Newsletter
D Meredith/M Mitchell	Speakers – Promoting U3A
Ron McQuade	Senior Citizens Reference Group Rep
Lance Peters	Eastern Metropolitan Forum Rep
David Farrar	U3A Network Rep

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Courses 2008

MANNINGHAM U3A – 2008 COURSES

About Ourselves

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. Transport can be arranged, if needed. Lists for dinners, with menus, are posted on the U3A notice board. Costs per meal are generally between \$20 and \$35.

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 & family secrets? You will receive support while you investigate your family tree with a view to integration into the self-help group.

Peter Nash

Mon 12:00-1:20 Wk 2,4 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

I Ching - Study and Discussion (Code 5600)

I Ching is one of the world's great books of wisdom and dates from 1000 BCE. It embodies the law, processes and rhythms of change in all life. A bridge between everyday thought and higher consciousness, we study origins, symbolism and consultation procedures. Uses the Wilhelm translation.

Beverley Milne

Thu 9:00-10:20 Weekly Terms: 2 Venue: U3A Centre Room 8

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 Group A (Code 6300)

For new and experienced meditators. Practise different meditation techniques and learn how they can be applied to reduce stress and anxiety to improve the quality of life.

John Fairbrass

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

Meditation Group B (Code 6305)

This Course suits both experienced meditators and new comers. Guidance is given in the basic principles and practice of meditation, leading into silent time.

Beverley Milne

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

Psychology - Group A (Code 7720)

Heather Ambrose

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

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

Reincarnation, Karma and Your Life (Code 7840)

Reaping what we sow is a law of life called Karma (Sanskrit). Reincarnation means many lifetimes, long and short; to understand, balance energies and spiritually evolve. Discussions include race, religion, sexuality, abortion, talents and deformities.

Beverley Milne

Thu 9:00-10:20 Weekly Terms: 3,4 Venue: U3A Centre Room 8

Support Group - Physical / Sensory Disabilities (Code 8550)

Open to the public. This is a session for people with physical or sensory disabilities where guest speakers with expertise will provide information about resources and ideas can be shared in a friendly environment.

Pearl Lubansky

Wed 3:00-4:20 Wk 2 Terms: 1,2,3,4 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.

Jenny Flood

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

Cosmology - More Big History (Code 3100)

Further discussion of Cosmology 1 topics, using new visuals, updated notes. No science background needed. New and previous participants welcome. We recap and extend our exploration of our cosmic origins and ongoing creation of new wonders from the Big Bang to the Big Brain and its emergent mind. Course summary available.

John O'Connor

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

Current Affairs (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

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.

John Moore

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

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)

Eleven sessions include: A Rum Rebellion; Late Blooming Explorers; Hopeton Bay Settlement; Imperialism in New Guinea; Post Federation Politics; Asian Adventures; Australians' Sporting Prowess; Australian Genius at Work; Non-entities - who said so?; Foreign Policy; Australia and UN.

Des Thornton

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

History - Military, Political & Social (Code 5540)

Presentation on various aspects of Naval, Military & Air Force activities and structures - from pre-Christian times to the end of World War II.

Robert Ellis

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

History of Medicine (Code 5550)

Studying the development of medicine to the present day.

Laurence Simpson

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

Maths in Society (Code 6230)

A continuation of the Maths in Society 2007 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 Room 13

Philosophy - Chinese - Taoism and Lao Tzu (Code 7210)

Study and discussion of Lao Tzu's beautiful and profound text: Tao Te Ching (6th C.BCE). Using Witter Bynner translation.

Beverley Milne

Mon 10:30-11:50 Weekly Terms: 4 Venue: U3A Centre Room 8

Philosophy & Culture - Hindu (Code 7200)

Hindu philosophy and religion is based on experience, personal discovery and testing of things. This spirituality is diverse, all encompassing and a useful exercise for mind and spirit.

Saroja Swami

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

Philosophy 1 - History (Code 7218)

History of Philosophy. Reference: 'The Story of Philosophy' (Bryan Magee) which details the history of philosophy from the early Greeks to the end of 20thC. Cost approx. \$40. It is HIGHLY recommended that newcomers to Philosophy undertake this course.

Dawn Heffernan

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

Philosophy 2 - 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

Philosophy 3 - Book Discussion (Code 7222)

The discussion will be based on texts agreed upon by class members and read out of class time. Although not attempting to study specifically academic texts, reading will be selected to 'stretch the mind'. Pre-reading: 'Sophie's World' (Jostein Gaarder), 'The Story of Philosophy' (Bryan Magee). Costs unknown but kept to a minimum.

Dawn Heffernan

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

Religions Of The World (Code 7850)

This is a 9 week course about founders, development and cultural differences for 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: \$15.

Peter Nash

Thu 9:00-10:20 Wk 1,3 Terms: 1,2 Venue: U3A Centre Room 18

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 We eat (Code 8050T2)

Tom Heyhoe

Mon 3:00-4:20 Weekly Terms: 2 Venue: U3A Centre Room 13

Science - What We Eat (Code 8050)

Find out about what we eat and what is in it. Course topics include nutrition, chemicals in food, gene technology, food-related illness, diets/diet foods and Australian eating patterns. Course notes will be available towards the end of the course.

Tom Heyhoe

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

Stock Market (Code 8400)

Designed primarily for the inexperienced and less sophisticated investor wishing better to understand how the system operates, including the roles of stockbrokers, listed companies, regulators, investors and the Stock Exchange itself. A set of printed class notes is provided, in folder, for \$8.50. Costs of photocopying during the year is approx. \$2.00-\$3.00 per person.

John Corcoran

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

Computing

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)

Kent Garland

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

Computers - Basics Level 1 - Group A (Code 2000T1)

Kent Garland

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

Computers - Basics Level 1 - Group B (Code 2002T1)

Kent Garland

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

Computers - Basics Level 1 - Group B (Code 2002T3)

Kent Garland

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

Computers - Basics Level 1- Group A (Code 2000T3)

Kent Garland

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

Computers - Basics Level 2 (Code 2010T4)

Warwick Wright

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

Computers - Basics Level 2 (Code 2010T3)

Warwick Wright

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

Computers - Basics Level 2 (Code 2010T1)

Warwick Wright

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

Computers - Excel Level 1 (Code 2100T3)

Carol Cameron

Wed 3:00-4:00 Weekly Terms: 3 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 2125T2A)

Coral Newstead

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

Computers - For Novices (Code 2125T1B)

Coral Newstead

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

Computers - Housekeeping (Code 2150T3)

Peter Nash

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

Computers - Housekeeping (Code 2150T1)

Peter Nash

Mon 9:00-10:30 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 2250T1)

Peter Bishop

Thu 11:00-12:30 Weekly Terms: 1 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 2300T4)

Barbara Hall

Thu 3:00-4:30 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 2700T1A)

Barry Klein

Mon 3:00-4:30 Weekly Terms: 1 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 2700T4A)

Barry Klein

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

Computers - Photo-editing (Code 2700T3A)

Barry Klein

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

Computers - Users Group (Code 2750)

The aim is to enable U3A members who own a computer to share experiences and solutions to problems, hear guest speakers and learn more about their computers. Visitors welcome.

Barry Klein

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

Computers - Windows XP (Code 2820T3)

Peter Nash

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

Computers - Windows XP (Code 2820T2)

Peter Nash

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

Computers - Windows XP (Code 2820T4)

Peter Nash

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

Computers - Windows XP (Code 2820T1)

Peter Nash

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

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 11:00-1:00 Weekly Terms: 1,2,3 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 Room 15

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 Room 15

Creative Textiles for Beginners (Code 3200)

Learn to look at fabric in a whole new way. Translate your own inspirational photo/picture, into fabric. Cut, tear, glue and sew fabric together like you have never done before. Add decorative threads and beads. Make a picture that can be framed or a front of a cushion. Most materials included for \$50 fee, payable at the 1st session.

Susan Ferres

Thu 1:00-3:00 Wk 1,3 Terms: 4 Venue: Domaine Retirement Village

Drawing & Pastels - Level 2 (Code 3750)

Both 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 - Level 3 (Code 3751)

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

Adelle Harries

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

Drawing Plus - Level 2 (Code 3755)

This class is for people who have knowledge of drawing and are able to do pen and ink work as well as pastel painting. We will be doing still-life and portraits.

Lynne Deans

Fri 11:00-1:00 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 & Thread (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

Mosaics for Beginners and Beyond (Code 6580)

Learn to mosaic with step by step projects including stepping stones, house numbers or trivets. Decorate a pot or bowl with glass and ceramic mosaics for a second project.

Learn to cut tiles, glue and grout your mosaics. No experience necessary. Most materials included for \$50 fee, payable at the 1st session.

Susan Ferres

Thu 1:00-3:00 Wk 1,3 Terms: 1 Venue: Domaine Retirement Village

Music - Choral Group (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)

Having started our survey of the Baroque composers, we continue with Bach & Handel before entering the Classical era with Haydn, Mozart and early Beethoven. Handouts throughout the year: approx. \$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 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: 1,2,3,4 Venue: Templestowe Orchards Retirement Village

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 1:00-3:00 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.

Jeffrey Brown

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)

We decide on a project and work together in a friendly atmosphere. Cost of materials: approx.\$15

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 @ \$50 approx.payable at 1st session.

Patrick Burder

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

English: Written and Spoken

American Literature - 20th Century (Code 1060)

Selected poetry, plays, novels, biographies presented in historical sequence, some covered by video. Four novels, selected for home-reading, available from libraries (see notice board for titles). Poetry and background material supplied. Discussion is the keynote of the course.
Barbara Hays

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 2008 costs are \$70 (concession), \$100 (seniors), \$110 (full). Selections vary, including recent novels, classics, biographies, etc. Discussion is open and encourages participation.

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

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: 1 Venue: U3A Centre Room 13

English - Tutor Training (ESL) (Code 4211)

Joan Creber

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

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 17

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 10:30-11:50 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 1:00-3:00 Wk 1 Terms: 1,2,3,4 Venue: Templestowe Retirement Village

Writing - The Written Word (Code 9120)

For people who wish to make their family history more interesting or for those who just have an urge to write. Join us and enjoy the constructive comments of the group on your efforts.

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 including counting, opening and responding. It is preferable to have some 'card sense' knowledge of card games such as Solo or Five Hundred.

Nena Reid

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

Bridge - Duplicate - Group A (Code 1520)

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)

Margaret Gibbs

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

Bridge Practice - Supervised Revision (Code 1535)

Nena Reid

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

Card Games are Fun (Code 1673)

Come and play cards for fun, mental stimulation and social interaction.

Margaret Scott-Pross

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

Cryptic Crosswords (Code 3300T2)

Barbara Hetherington

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

Cryptic Crosswords (Code 3300T1)

Barbara Hetherington

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

Cryptic Crosswords (Code 3300T4)

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)

Solo (and Auction Solo) card game - 4 or 5 members at each table preferred, depending on attendance.

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.

Evelyne Perks

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

Ballroom Dancing - Advanced (Code 1250)

Ballroom dancing is a wonderful social activity for people of all ages. Come and enjoy a healthy past-time and meet people. To join this level, 2-3 years at Beginners and Intermediate levels are required.

Patrick Khaw

Mon 12:00-2:30 Weekly Terms: 2,3,4 Venue: U3A Centre Multipurpose Room

Ballroom Dancing - Beginners (Code 1251)

Objective: to enable students to learn basic dances & moves in order to be able to dance when they attend a dinner dance, 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

Ballroom Dancing - Intermediate (Code 1252)

Come dancing, have fun, meet people and keep fit. Experience at Beginners level is required. Dancers need to wear comfortable shoes - NOT sneakers.

Noel Wright

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

Everyday Exercises for Flexibility and Strength (Code 4250T1A)

Teresa Bowden

Wed 10:30-11:50 Wk 3,4 Terms: 1 Venue: U3A Centre Room 18

Everyday Exercises for Flexibility and Strength (Code 4250T3)

Teresa Bowden

Wed 10:30-11:50 Wk 2,3 Terms: 3 Venue: U3A Centre Room 18

Everyday Exercises for Flexibility and Strength (Code 4250T1B)

Teresa Bowden

Wed 10:30-11:50 Wk 1,2 Terms: 1 Venue: U3A Centre Room 18

Everyday Exercises for Flexibility and Strength (Code 4250T4)

Teresa Bowden

Wed 10:30-11:50 Wk 2,3 Terms: 4 Venue: U3A Centre Room 18

Golf for Fun Group A (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

Golf for Fun Group B (Code 5202)

Ruth Sutton

Wed 9:30 for 10:00 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 Wk 1,3 Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-17

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

Movement To Music (Code 6600)

The Margaret Morrison Method (MMM) is based on movements designed to develop a sense of rhythm and balance. It increases breathing capacity and spinal mobility, strengthens muscles and keeps the body well toned. Music and movement combined make it creative, challenging and fun.

Jill Perry

Fri 3:00-4:20 Weekly Terms: 1,2,3,4 Venue: U3A Centre Rooms 16-18

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)

Moiria Axtens

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

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

Moira Axtens

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

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

Moira Axtens

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

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

Dorothy Hunt

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

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 completed an introductory course is eligible to join one of the Level 2 groups. Course fee \$20.00 (for the use of equipment etc.) for the year (pro rata from term 2) payable at the U3A office prior to course commencement.

Moira Axtens

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

William Doyle

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

Tai Chi (Code 8640)

Continuation of 1st year course - NOT suitable for beginners.

Beverley Milne

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

Tai Chi Ch'uan (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 1:30-4:00 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.

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.

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.

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. Follow by BYO morning tea. Meeting at 8:50am at parks referred to on the U3A notice board.

Douglas Brewer

Fri 8:50 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.

Robert Nicol

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

Walking for Fitness (Code 9010)

A weekly walk in and around different parks and reserves in Manningham. To enjoy this class participants should be reasonably fit and injury free. The schedule for each term will be on the U3A notice board.

Don McKelvie

Thu 9:15 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 - Chair (Code 9200)

This course is suitable for both beginners and those who have already experienced Yoga. It includes limbering, breathing, postures, relaxation, meditation, plus simple philosophy, leading to a calm, aware mind in an energised body.

Genevieve Rawson

Wed 1:30-2:50 Weekly Terms: 1,2,3,4 Venue: Domaine Retirement Village

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)

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.

Alan Smith

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

Yoga - Easy Iyengar Style (Code 9230)

Eric Stewart

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

Yoga - For the Not-So-Supple - Level 1 (Code 9240)

An adaptation of eastern Yoga practices for older persons who may have mild mobility problems. Emphasis on gentle practices (asanas), correct breathing patterns (pranayama) and relaxation techniques.

Lorna Andreassen

Tue 12:00-1:20 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.

NB - only one yoga class per member

Lesley Catt

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

Languages

Chinese - Advanced (Code 1800)

Linda Chin

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

Chinese - Mandarin - Level 1 (Code 1805)

Yanwen Huang

Mon 9:00-10:20 Weekly Terms: 3,4 Venue: U3A Centre Room 8

French Conversation - Level 1 (Code 4500)

Principal objective: for students to be able to make themselves understood in writing and speaking French in French-speaking countries.

Clive Scott

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

French Conversation - Level 2 (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 (Code 4504)

Some knowledge of French required. Textbook: Teach Yourself

French Helen Anderson

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

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 - the level to be determined by the knowledge of the participants. Text book: Colloquial French - Alan Moye (Routledge)

Hazel Boss

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

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: 1,2,3,4 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 10:30-11:30 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 BBC *ORIGINAL* edition.

Neville Heffernan

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

Italian - Self Help (Code 5650)

A conversation and reading class for anyone with a reasonable grasp of Italian grammar. Very relaxed group.

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 2:40-3:55 Weekly Terms: 1,2,3,4 Venue: U3A Centre Room 8

Latin - Beginners (Code 6035)

Introduction to the language and culture of the ancient Romans - the source of 50% and more of our own language. A year long course with the view to continuing in 2009. Textbook: Cambridge Latin Course Book 2 (approx \$40)

Helen Kearton

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

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