



Incorporated.

Reg.No. A0026531J – ABN 58 851 625 543

# COURSES

## 2024

### Term Dates

- Term 1 5 February - 28 March
- Term 2 15 April - 21 June
- Term 3 15 July - 20 September
- Term 4 7 October - 6 December

*Manningham U3A office is located at*

### **The Pines Learning and Activity Centre**

2/520 Blackburn Road

Doncaster East

(Melway 34 D5)

#### **Postal Address:**

PO Box 3288, The Pines,

Doncaster East, 3109

#### **Office Hours:**

9:00 am – 3:00 pm, weekdays

*(During U3A term times)*

Phone: 9894 5955

Email: [enrolments@u3amanningham.org.au](mailto:enrolments@u3amanningham.org.au)

[manunipines@u3amanningham.org.au](mailto:manunipines@u3amanningham.org.au)

Website: [www.u3amanningham.org.au](http://www.u3amanningham.org.au)

<b>Course</b>	<b>Pge</b>	<b>Course</b>	<b>Pge</b>
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<u>Ancient Egyptian</u>		<u>Level 1.....</u>	<u>33</u>
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<u>Ballroom - New Vogue,</u>		<u>Beginners.....</u>	<u>13</u>
<u>Latin and Street Latin</u>	<u>23</u>	<u>Computers - Basics</u>	
<u>Ballroom Dancing -</u>		<u>Level 1.....</u>	<u>11</u>
<u>Advanced.....</u>	<u>23</u>	<u>Computers - Word and</u>	
<u>Ballroom Dancing -</u>		<u>Excel Basics Level 2 .</u>	<u>11</u>
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<u>Help .....</u>	<u>6</u>	<u>Cryptic Crosswords</u>	
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<u>Pleasure .....</u>	<u>19</u>	<u>Dancercise - I Like to</u>	
<u>Bridge - Beginners.....</u>	<u>21</u>	<u>Move It.....</u>	<u>25</u>
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<u>Bridge Practice/Social</u>	<u>22</u>	<u>Help.....</u>	<u>13</u>
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## WELCOME TO U3A MANNINGHAM

Manningham University of the Third Age (U3A) provides a stimulating learning and social environment for senior members of the community. It commenced in October 1991 when 12 classes were offered to about 35 members. In 2024 we are offering 164 classes. We expect to enrol close to 1600 members. Membership is open to people of retirement age who are not in full-time employment and who are interested in engaging with others to keep their minds active. There are no ability limits and no entry requirements although some classes may require a level of experience as stated in the course descriptions – and there are NO examinations.

## COSTS AND VOLUNTEERS

Tutors and office bearers provide their services free. Costs are kept as low as possible. The annual membership fee is \$70. This fee enables you to attend most classes with no additional course costs. The U3A movement worldwide has a policy of engaging its members as volunteers to fulfil all the administrative and teaching tasks needed to keep the organisation operating effectively.

Members are invited to share their skills in a variety of volunteer opportunities. You can indicate either on the online system or hardcopy volunteer checklist the areas in which you may wish to help U3A Manningham.

The volunteer contribution provided during the year is acknowledged during re-enrolment by allowing all volunteers to enrol ahead of those who have no volunteer duties.

## CLASS PLACES AND WAITLISTS

At the start of the year a maximum of 3 class choices may be made. By introducing that limit, it is hoped to make classes available to as many members as possible. This restriction will be lifted in mid-January. Classes where the format is progressive may be closed to newcomers beyond a set date, e.g. a computer training class. This means no more members will be taken into these classes after that date even if vacancies occur. An Enrolment Officer will advise in writing when a vacancy occurs and the position will be offered to the person at the head of the waitlist. Acceptance into any course at any time is for the current year only. Continuous membership of a class from year to year is not possible.

## RESTRICTED CLASSES

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

## ATTENDANCE AT CLASSES

Following application, members must have confirmation of enrolment in a class through the online database system or a printed copy forwarded by mail in order to attend it. It is important that you notify the class rep or tutor of absences.

NB: If there is a waitlist for a class, your place may be offered to someone else if you are absent for 3 consecutive unexplained absences or 10 absences throughout the year (subject to review by tutor and curriculum officers).

## **VENUES AND DURATION OF COURSES**

Classes are held in a variety of venues - note details on the online database course lists or in this brochure. Alternatively, enquire at our office. Many courses run for four terms during the dates listed on the front cover. Most classes are held weekly in 80 minute sessions between 9:00am and 4:30pm.

Where classes are not held weekly – for example 2nd & 4th Monday – this refers to the 2nd & 4th Monday of the month within terms. Check the online course list or this brochure for class days, times and venue.

## **ELIGIBILITY FOR CLASSES**

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

## **ENTERING OR EXITING CLASSES**

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

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



**PLEASE NOTE:**

**NO CLASSES**

**WILL BE HELD**

**ON DECLARED**

***CODE RED***

**DAYS**

## GENERAL STUDIES

### **Aboriginal Studies**

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

Jim Poulter Mon 9:00am-10:20am Weekly

Venue: R13 Terms: 1,2,3 (Code 5530-01)

### **Ancient Egyptian History**

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

Joan Kelleher Thu 9:10am-10:20am Weekly

Venue: R13 Terms: 1,2,3,4 (Code 1025-01)

### **Bird Watching - Self Help**

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

Bruce Ford Tue 9:00am-11:30am wk4

Venue: VAR Terms: 1,2,3,4 (Code 1350-01)

### **Exploring Your Inner Self Discussion Group**

An opportunity to attain a deeper understanding of the true self by exploring self-awareness.

Joan Eggert Thu 10:30am-11:50am Weekly

Venue: R14 Terms: 1,2,3,4 (Code 9827-01)

### **Genealogy - Family History**

An opportunity to discuss where you are at in researching your family history, the challenges you have with your research, and seek assistance from your fellow classmates. Learn about the shortcuts and avenues available to you in undertaking your research.

Anthony Robinson Mon 12 Noon-1:20pm wk1,3

Venue: R13 Terms: 1,2,3,4 (Code 5105-01)

### **Greek -A Traveller's Guide to Greece for Beginners**

Participants will learn basic Greek vocabulary to enable communication of basic requests and responses for daily encounters when travelling to Greece. They will also learn valuable tips for travel to Greece, as well as becoming familiar with tourist destinations and important sites of interest. This class is for absolute beginners who have a passion for the Greek language and culture and may be wishing to get more from their next Greek travel experience. Class worksheets and notes will be provided.

Kay Stubbs Wed 3:00pm-4:20pm Weekly

Venue: R16 Terms: 1,2 (Code 9880-01)

### **History - From History to Science**

This course explores areas including notable books from Red Seas Scrolls and Black Seas Scrolls to the Female Eunuch, with brief biographies of many different authors; history of Russia and "Are we alone in the Universe.

Andrew Leopold Mon 3:00pm-4:20pm Weekly

Venue: R13 Terms: 1,2,3,4 (Code 9905-01)

### **Jane Austen - Her Life, Times and Works**

We will engage with Jane's juvenilia, letters and novels. We will also explore the social and historical background to her life and writings.

This year we will concentrate on the novels 'Sense and Sensibility' and 'Persuasion'.

Joan Kelleher Thu 12 Noon-1:20pm Weekly

Venue: R13 Terms: 1,2,3,4 (Code 9820-01)

### **Movie Club**

Movie Club appeals to those who enjoy watching movies. Applewood Retirement Village kindly provides excellent facilities including a purpose-built room, overhead projection and a quality sound system. A film is introduced, we watch it together and participate in a short discussion afterwards.

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

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

### **Pathways to Inner Peace, Inner Power - Meditation**

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

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

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

### **Philosophy Social**

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

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

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

### **Politics-Controversies in 20thC Aust. Politics**

This course covers key issues in Australian Politics since Federation in 1901. Each session focuses on a controversy from a particular decade.

Primary sources spark class discussion on the issue which will seek to draw connections with current events, where relevant.

Ian Le Page Mon 12 Noon-1:40pm wk2,4

Venue: R13 Terms: 1,2 (Code 9884-01)

### **Religions of the World**

The exploration of the social, economic, political, philosophical and technological factors affecting the development and evolution of major religious traditions across the ages; and the study of religious concepts such as belief and faith, sin, stories, destination of the soul and law and practices that have influenced and shaped man's daily life and behaviour for millennia. The manifestations of the religious thought and action in the post-modern world are briefly reviewed.

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

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

### **Safer, Smarter Road Use - As We Age**

This is a one-term course. Aging affects using our roads.

We will discuss the four main elements contributing to road crashes and how to prevent and reduce our crash risk, especially as we age. Also, what are the most misunderstood Road Rules.

**Term 2.** Patricia Liew Thu 1:30pm-2:50pm Weekly

Venue: R13 Terms: 2 (Code 9770-01)

### **Social Psychology**

Social psychology is the most fun and interesting branch of psychology. This course will explore social psychology, social class, social interactions and how it is relevant to our daily lives. Everyday examples will be utilized for application and discussion to enrich and enlighten our lives.

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

Venue: R16 Terms: 1,2,3,4 (Code 9839-01)

### **The Pursuit of Happiness**

This course explores what makes people happy. It will include topics such as the meaning of happiness, the philosophical and psychological perspective of happiness, the relationship between science, religion and happiness.

Marcel Saxone Mon 1:30pm-2:50pm Weekly

Venue: R13 Terms: 1 (Code 9881-01)

### **Through the Looking Glass: Truth Inside the Fiction**

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

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

Jackie Fritzlaff Mon 1:30pm-2:50pm Weekly

Venue: R13 Terms: 3,4 (Code 9789-01)

### **Travellers' Tales**

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

Pamela Dry Tue 2:00pm-3:30pm wk1,3

Venue: Z1 Terms: 1,2 (Code 8810-01)

## CURRENT AFFAIRS

### **Current Affairs**

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

**Group A.** David Jensz Tue 12 Noon-1:20pm Weekly

Venue: R14 Terms: 1,2,3,4 (Code 3495-01)

**Group B.** David Jensz Tue 1:30pm-2:50pm Weekly

Venue: R14 Terms: 1,2,3,4 (Code 3495-02)

**Group C.** David Jensz Fri 12 Noon-1:20pm Weekly

Venue: R14 Terms: 1,2,3,4 (Code 3495-03)

**Group D.** David Jensz Wed 7:30pm-8:30pm Weekly

Venue: ZPriv Terms: 1,2,3,4 (Code 3495-04)

## **Current Affairs - Behind the News**

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

Joe Leibowitz Fri 1:30pm-2:50pm Weekly

Venue: R13,14 Terms: 1,2,3,4 (Code 3490-01)

## SCIENCES

### **Astronomy, Physics & Cosmology**

The greatest story ever told - Evolution. From the Big Bang to the Big Brain, learn our awesome cosmic pedigree - the evolution of stars, planets, life and us. Learn not just the facts but how the facts were ascertained. For example, how to measure distance to the stars. How to measure speed of light. How the heavier elements were synthesized. How to make a nuclear reactor. How life originated and how humans evolved. Be introduced to armchair astronomy using Stellarium and much more. Visit the course web page by clicking on "Class Posts" at the top of the U3AM website.

Tony Heyes Wed 1:30pm-2:50pm Weekly

Venue: R13,14 Terms: 1,2,3,4 (Code 1055-01)

### **Introduction to Genetics and Genetic Engineering**

An interactive course introducing biological concepts that are essential in developing an understanding of Genetics and Genetic Engineering.

The course will explore the application of Genetics to the diagnosis and treatment of genetic disorders, forensic science, paternity identification, criminal investigations, the development of DNA and RNA vaccines, genetic manipulation of plants and animals. No previous knowledge required.

Shirley Fung Wed 9:00am-10:20am Weekly

Venue: R16 Terms: 1,2,3,4 (Code 5605-01)

### **Mathematics**

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

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

Venue: R18 Terms: 1,2,3,4 (Code 6220-01)

## FINANCE

### **Money Matters and Beyond - A Conversation**

This course enables members to share skills and experiences pertaining to the world of money management, finance and investment. This class is facilitated by the tutor in a discussion forum for (invested) members to discuss their experiences in dealing with selected topics such as share market, banking, bonds, cryptocurrency, superannuation, trusts, tax implications of investing options and others. Members should have some prior knowledge of the subject matter to be able to contribute to meaningful group discussions.

John Liew Wed 1:30pm-2:50pm Weekly

Venue: R16 Terms: 1,2,3,4 (Code 9855-01)

## COMPUTERS

### **Computers - Basics Level 1**

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

Please bring a USB stick and attend the first class.

Learn to open and close files: store data on USB using word processing, the internet, emailing.

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

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

### **Computers - Word and Excel Basics Level 2**

For those who have completed the basic level 1 (or beginners) course and are interested in exploring further the various options in both these 2 programs. It will include mail merge, setting out a newsletter, design for documents, layout options, graphics, simple formulas, symbols, spread sheets and 1 week on class requests.

Bernice Charity Thu 1:30pm-3:00pm Weekly

Venue: R1 Terms: 2 (Code 9874-01)

### **Computers-Organise, Plan, Budget with Word, Excel**

How to use Microsoft WORD & EXCEL to help you with your planning, organising and budgeting a personal project/event. This skill can be applied to planning & managing your personal annual/monthly/daily budget.

Michael Leong Wed 10:30am-11:50am Weekly

Venue: R1 Terms: 1,2,4 (Code 9885-01)

### **iPad - one on one, Basic to Advanced**

BY APPOINTMENT ONLY. This is NOT an introduction to iPad. This course is for Basic to Advanced iPad users. The course is designed to help participants achieve a better understanding of their device. Bring your fully charged iPad, notebook and pen. Know your Apple ID and password.

### **ENROLMENT IS BY COMPLETING A FORM AT THE U3AM OFFICE. YOU WILL BE CONTACTED BY THE TUTOR ONCE THE FORM HAS BEEN COLLECTED.**

Colleen Danaher Tue, Wed, Thu 11:00am-1:00pm Weekly  
Venue: Tutor Terms: 1,2,3,4 (Code 9857-01)

### **iPad Advanced User Group**

Only members who have NOT previously attended this iPad class are eligible for this course. Previous class members can apply if there are vacancies after mid-January. This class will build on your existing iPad knowledge, it is NOT a beginners' class. Basic operational competency and usage of iPad native applications is assumed. Bring fully charged iPad, notepad and pen and know your Apple ID and password.

Heather Close Wed 3:00pm-4:20pm wk2  
Venue: R13 Terms: 1,2,3,4 (Code 1045-01)

## **ARTS & CRAFTS**

### **Calligraphy - Level 1**

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

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

### **Calligraphy with Illumination - Level 2**

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

Materials: new members will be advised.  
Laurie Bicknell Wed 11:00am-1:00pm Weekly  
Venue: R17,18 Terms: 1,2,3,4 (Code 1655-01)



## **Classical Guitar - Beginners**

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

**This is a Beginner's class and members may not enrol if they have attended the Beginners class in a previous year.**  
**NB THIS IS A RESTRICTED CLASS. YOU MAY ENROL IN NO MORE THAN TWO RESTRICTED CLASSES.**

Etienne de Lavaulx Fri 10:30am-12 Noon Weekly  
Venue: PR Terms: 1,2,3,4 (Code 1900-01)

## **Creative Picture Framing**

This is a three-week course introducing members to picture framing. Members will have an opportunity to practice picture framing and frame one of their paintings or photos.

All equipment for framing and protective equipment provided. There is a nominal fee of \$10 for week 2 practice session. Participants to bring own artwork or photo on week 3 where the cost will be decided on the size of the artwork and type of material chosen.

Michael Chan Wed 9:30am-11:30am w  
Venue: Terms: 1 (Code 9868-01)

Michael Chan Wed 9:30am-11:30am w  
Venue: Terms: 1 (Code 9868-02)

Michael Chan Wed 9:30am-11:30am w  
Venue: Terms: 2 (Code 9868-03)

Michael Chan Wed 9:30am-11:30am w  
Venue: Terms: 2 (Code 9868-04)

Michael Chan Wed 9:30am-11:30am w  
Venue: Terms: 3 (Code 9868-05)

Michael Chan Wed 9:30am-11:30am w  
Venue: Terms: 3 (Code 9868-06)

Michael Chan Wed 9:30am-11:30am w  
Venue: Terms: 4 (Code 9868-07)

Michael Chan Wed 9:30am-11:30am w  
Venue: Terms: 4 (Code 9868-08)

## **Drawing & Pastels Self Help**

This is a self-help group for members with experience in Drawing and/or Pastels. Some help will be given by members of the group.

Members need to provide their own materials.  
Carol Langabeer Mon 11:00am-1:00pm Weekly  
Venue: R16,17 Terms: 1,2,3,4 (Code 9821-01)

### **Drawing, Pastels PLUS**

This is a multi-medium class where the ultimate aim is to achieve basics, inspiration, awareness and the means for an artistic result. To think "outside the box".

This class is a self-help group with assistance and encouragement from the Tutor. New members are very welcome but must have some artistic experience.

Materials: Please bring your own and the tutor will discuss ideas and requirements with you.

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

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

### **Embroidery - Self Help**

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

Gayle McCann Tue 10:30am-11:50am Weekly

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

### **Handcrafts/Cardmaking**

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

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

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

### **Knitting and Crochet**

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

Cheryl Walsh Mon 12 Noon-1:20pm Weekly

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

### **Mandalas**

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

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

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

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

### **Marquetry - Self Help**

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

Purchase of cutters and veneers are at members' discretion.

A craft knife & cutting board are required.

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

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

### **Music - Multi-instrumental Group**

This is a multi-instrumental group designed for participants playing their own instruments combining to rehearse a programme specially designed for the group. Participants need to know how to play and the repertoire will focus on a variety of music including popular music, such as Jazz, Blues or Rock. All instruments and singers are welcome, bring your own music instrument and music stand.

Peter Simondson Thu 1:00pm-3:00pm Weekly

Venue: Prd Terms: 1,2,3,4 (Code 9832-01)

### **Music - Singing for Pleasure**

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

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

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

### **Music - The Guitar Club**

For guitarists with a keen interest in learning, sharing and jamming past the absolute beginner's stage.

It is NOT for absolute beginners. Acoustic or classical guitars only; no electrics.

No music theory is required as virtually all songs will be based on chords and using mostly strumming patterns. Bring your own music stand to hold music/song sheets.

John Liew Thu 10:30am-12 Noon Weekly

Venue: Prd Terms: 1,2,3,4 (Code 9831-01)

### **Music Lovers' Group**

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

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

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

### **Music Theory**

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

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

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

Photocopying costs will be collected by class rep as needed.

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

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

### **Painting - Acrylics Self Help**

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

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

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

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

### **Painting - Chinese Self Help**

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

Purchase of materials and equipment are required.

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

Wei Xing Huang Tue 11:15am-1:10pm Weekly

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

### **Painting - Drawing & Painting - Absolute Beginners**

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

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

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

### **Painting - Sketching and Painting Outdoors**

Sketching and painting outdoors in various Manningham locations.

Equipment: Pencil, pen, sketchbook (A5 or larger), watercolour paints, brush, water jar, stool, hat, umbrella and enthusiasm!

Location for first class - Ruffey Lake Park, Victoria St., Doncaster, (Melway 33 J10). No class if:

(a) temperature forecast is over 32c,

(b) Total Fire Ban day in metro area.

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

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

### **Painting - Watercolour Intermediate**

This course is NOT for beginners, participants must have completed a beginner's course. Various painting techniques and methods will be introduced in landscape, seascape and still life. Please bring your own watercolour paint, paper and brushes to class.

Dan Xian Zhang Fri 2:00pm-4:00pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 9883-01)

### **Painting Watercolour - Level 2, Self Help**

This course is for members who are experienced in watercolour, NOT for beginners, as no teaching will be provided. Assistance may be given by sharing skills and discussion with other members.

Work on your own projects. New members are welcome.

Riesa Lipschitz Thu 9:00am-11:00am Weekly

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

### **Painting Watercolour for Beginners**

A watercolour course for beginners. Materials and techniques will be discussed at first class.

Carolyn Francis Tue 3:00pm-4:20pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 7045-01)

### **Painting Watercolour Self Help**

This class assumes a certain level of skill and experience. Class members work on their own projects. It is an opportunity for members of other classes to complete their watercolour projects, but not essential.

This is NOT a class for beginners.

BYO materials and equipment, paint, brushes, paper, reference material. Have a project in mind.

New members welcome.

Lisbeth Wilks Mon 9:00am-11:00am Weekly

Venue: R15 Terms: 1,2,3,4 (Code 7060-01)

### **Painting with Oils**

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

Wilmore Bajada Wed 12:30pm-2:45pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 7080-01)

### **Patchwork, Applique & Quilting Self Help**

This is a self help group for beginners to experienced to share skills in making quilts, cushions and other decorative items. Purchase of materials is at a member's discretion. For beginners, materials will be discussed at the first class.

Glenys Veith Mon 3:00pm-4:20pm Weekly

Venue: R16,17 Terms: 1,2,3,4 (Code 9825-01)

### **Sculpture - Self Help**

A self-help group exploring Clay, Limestone, Wood and Wire to produce small to medium sized sculptures. Tools are provided. Materials are to be provided by individual participants. Beginners are welcome.

Alfred Eiden Wed 9:00am-11:00am Weekly

Venue: R15 Terms: 1,2,3,4 (Code 8220-01)

### **Wood Carving - Self Help**

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

Desiree Higgins Mon 9:00am-11:00am Weekly

Venue: R17 Terms: 1,2,3,4 (Code 9050-01)

### **Woolcraft**

This is a class in knitting and crochet to suit all ability levels, from beginners to advanced. Please bring your current project (yarn, pattern, needles, crochet hook) to your first class.

Beginners will be advised in first class as to materials they will need.

Marie Klein Mon 1:30pm-2:50pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 9080-01)

### **Zentangles**

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

What to bring to class: 1 x A5 unlined notebook, HB pencil, eraser, and 1 x 0.1 UniBall or Artline black pen.

Trudi Dempsey Mon 1:30pm-2:50pm Weekly

Venue: R18 Terms: 1,2,3,4 (Code 9729-01)

## ENGLISH

### **Book Club**

This is a Book Group for a diverse group of people who enjoy sharing their love of literature in a friendly place, where views and knowledge are valued and respected. Members choose the books for the reading list, thereby ensuring that a wide range of genres and interests are included.

Dianne Meagher Wed 3:00pm-4:20pm wk4

Venue: R13 Terms: 1,2,3,4 (Code 9826-01)

### **Book Group**

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

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

Robyn Wilson Mon 1:30pm-2:50pm wk3

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

### **Books - Reading for Pleasure**

This class is for members who love reading fiction. All contributions however diverse will be welcome.

The first book for the year will be "The Bookbinder of Jericho" by Pip Williams.

Bridget Halge Mon 1:30pm-3:00pm wk1

Venue: RRV Terms: 1,2,3,4 (Code 9835-01)

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

For speakers of English as a second language as well as native English speakers who seek a better understanding of spelling, grammar and sentence structure, a wider vocabulary and an improved ability to write in different forms and styles for different purposes.

Photocopying cost: \$2.00 per term.

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

Venue: R18 Terms: 1,2,3,4 (Code 4195-01)

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

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

Photocopies \$5 per year.

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

Joan Creber Wed 9:15am-10:15am Weekly

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

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

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

Bring pen/pencil, notebook.

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

Pamela Watson Fri 9:00am-10:20am Weekly

Venue: R15 Terms: 1,2,3,4 (Code 4201-01)

### **Writing - Creative**

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

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

Richard Davis Wed 9:00am-10:20am Weekly

Venue: R13 Terms: 1,2,3,4 (Code 9115-01)



### **Writing - The Written Word**

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

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

Lula Black, Trish Taylor Mon 9:00am-10:20am Weekly

Venue: Z1 Terms: 1,2,3,4 (Code 9120-01)

### **Writing Poetry**

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

Mary Edgar Thu 1:30pm-2:50pm Weekly

Venue: Z2 Terms: 1,2,3,4 (Code 9118-01)

## GAMES & HOBBIES

### **Bridge - Beginners**

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

This class is held every week for the entire year.

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

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

Nena Reid Tue 9:30am-11:00am Weekly

Venue: R16 Terms: 1,2,3,4 (Code 1500-01)

### **Bridge - Duplicate**

This class caters for players who are familiar with Duplicate Bridge and who wish to advance their skills in the Standard American system.

Participants must know how to play Bridge.

**Group A.** Nena Reid Tue 1:15pm-4:15pm Weekly

Venue: R16,17,18 Terms: 1,2,3,4 (Code 1520-03)

**Group B.** Anoop Chauhan Thu 1:10pm-4:20pm Weekly

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

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

Venue: R18 Terms: 1,2,3,4 (Code 1520-01)

### **Bridge Practice/Social**

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

**Group A.** Arthur Michie Tue 9:00am-11:00am Weekly  
Venue: R17 Terms: 1,2,3,4 (Code 1530-01)

**Group B.** Tess Gibbs Tue 11:00am-1:00pm Weekly  
Venue: R17,18 Terms: 1,2,3,4 (Code 1530-02)

### **Card Games**

Come and play cards for social interaction and mental stimulation with a happy group. Bolivia is our game of choice and it can be quite addictive. Members are expected to contribute a small amount to the cost of new packs of cards.

Marjorie Dowd Fri 1:00pm-3:30pm Weekly  
Venue: Prd Terms: 1,2,3,4 (Code 1673-01)

### **Card Games: Learn and Have Fun**

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

Sara Czarnecki Tue 1:00pm-3:30pm Weekly  
Venue: DRV Terms: 1,2,3,4 (Code 9751-01)

### **Cryptic Crosswords (Intermediate)**

An interactive class in which an Age or similar cryptic crossword is solved by the group each week. Incidental teaching will be offered and wordplay explained. Basic knowledge of cryptic crosswords is needed.

Andrew Barnett Wed 9:00am-10:20am Weekly  
Venue: R17 Terms: 1,2,3,4 (Code 9791-01)

### **Scrabble (Advanced)**

Scrabble is fun and good exercise for the brain. Previous playing experience essential. Not suitable for beginners.

Bev Dittmann Thu 12:45pm-2:45pm Weekly  
Venue: R15 Terms: 1,2,3,4 (Code 8200-01)

## HEALTH & FITNESS

### **Badminton**

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

A charge of \$5 for Shuttlecocks.

Own racquet and suitable runners required.

Tang Tang Mon 10:00am-12 Noon Weekly  
Venue: DISC Terms: 1,2,3,4 (Code 1200-01)

### **Badminton for Fun**

This group welcomes all levels of expertise. Those new to Badminton will receive friendly guidance & tuition, while the proficient will be encouraged to improve technique & fitness. There will be a few racquets for first timers. Annual fee for shuttlecocks: \$10. Bring your own racquet.

Roy Porter Wed 10:00am-12 Noon Weekly

Venue: DISC Terms: 1,2,3,4 (Code 1210-01)

### **Ballroom - New Vogue, Latin and Street Latin**

This course is not for absolute beginners. Participants will have the opportunity to learn, practice and dance a variety of dances and gain confidence to dance at all social dance functions. Partners or without partners are welcome, it's all about having fun and keeping us mentally and physically active. Please wear comfortable shoes - Rubber, ripple soled shoes or sneakers are not suitable.

Lily Ong Wed 12 Noon-1:00pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 9878-01)

### **Ballroom Dancing - Advanced**

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

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

Patrick Khaw Wed 1:15pm-2:45pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 1250-01)

### **Ballroom Dancing - Beginners Level 2**

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

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

Ethel Fredericks Thu 2:00pm-2:50pm Weekly

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

### **Ballroom Dancing - Intermediate**

Class members will need to have done at least one year in Beginners Level 2 class unless they are already competent ballroom dancers. Members will be examined in the first two weeks to see if they are suitable to stay in the Intermediate class.

Dancing is a fantastic way to keep physically fit and mentally active. This is a stepping stone to the Advanced Ballroom class.

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

Noel Wright Wed 3:00pm-4:00pm Weekly

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

### **Ballroom Sequence Dancing for Beginners**

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

Liza Ng Thu 12 Noon-12:50pm Weekly

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

### **Bocce - Fun and Exercise with Bocce**

The program focuses on gentle exercise, learning new skills, hand-eye coordination, teamwork and having heaps of fun.

All equipment and free coaching are provided. The venue provides undercover Bocce courts, free parking and a fabulous bistro. If you enjoy meeting people and new fun challenges each week, this is for you. Players pay a nominal fee of \$2 to play in each session.

John Inglese Mon 10:30am-12 Noon Weekly

Venue: Bocce Court Terms: 3 (Code 9863-01)

### **Chair-based Exercise**

For flexibility, stability and fun. This course is designed for participants who are unable to lie on the floor. Must check your suitability with GP or Health Advisor PRIOR to enrolling.

Wear comfortable casual clothes, non-slip, closed-toe footwear. Buy a rubber, dimpled ball (K Mart etc.) and bring a bottle of water to stay hydrated. This course is not available to anyone participating in any other Strength Training, floor Yoga or energetic dance classes and subject to Tutor Assessment.

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

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

### **Chinese Dancing - Traditional and Folk**

This course introduces traditional and folk Chinese dancing including various movements and styles. All members are welcome to enjoy this unique style of dancing. No previous experience is required.

Hu-Hu Zhao Thu 11:30am-1:00pm Weekly

Venue: R16,17,18 Terms: 1,2,3,4 (Code 9837-01)

### **Dance to the Beat**

Come and enjoy solo dancing to the different rhythms of Latin, contemporary and popular music. No partner or experience required. All members may enrol in group A & C.

**Group A.** Barbara Spagnolo Thu 1:00pm-1:50pm Weekly

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

**Group C.** Barbara Spagnolo Mon 12 Noon-12:50pm Weekly

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

### **Dancercise - I Like to Move It**

This is a fun group exercise class that incorporates dance and is designed to provide an all over workout. The music will progress from moderate to fast paced, so participants MUST have a good level of fitness and coordination.

Mary-Ann Liethof Mon 12:30pm-1:30pm Weekly

Venue: TACC Terms: 1,2,3,4 (Code 9861-01)

### **Get Active**

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

Marg Dawdy Mon 1:00pm-1:50pm Weekly

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

### **Golf for All**

Members must have their own clubs and be an experienced player. Nine holes of golf on a weekly basis at Ivanhoe Golf Course, meeting at the Club House at 8.00am for an 8.20am tee off. Green fees apply.

Pamela Mann Tue 8:00am-12 Noon Weekly

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

### **Golf for Fun**

For non-serious golfers. For those who play the occasional game of golf for fun and some exercise.

Join us for a round of 9 holes, weekly on Wednesdays, at the Freeway Golf Course.

Members should have a basic knowledge of the game and preferably have their own clubs. Green fees apply.

Paul Pezzin Wed 7:00am-10:00am Weekly

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

### **Lawn Bowls for Beginners**

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

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

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

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

### **Line Dancing - Improver**

This class is suitable for those with some experience of and familiarity with the basic skills of line dancing. Designed to help participants improve their skills and learn more complex dances. This course is not suitable for raw beginners.

**NB: only ONE Line Dancing class per member.**

Julie Ong Fri 2:45pm-4:00pm Weekly

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

### **Line Dancing - Intermediate**

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

**NB: only ONE Line Dancing class per member.**

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

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

### **Petanque - French Bowls**

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

Christine Crawford Mon 9:00am-10:30am Weekly

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

### **Pilates**

Participants follow a floor-based exercise routine with a focus on developing, then maintaining, core strength, muscle control and balance.

Before commencement the Tutor will speak individually to NEW members to discuss readiness to participate and describe the simple equipment required.

Members bring their own mat.

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

**Group A.** Carole McNamara Mon 3:00pm-4:10pm Weekly

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

**Group B.** Carole McNamara Thu 9:00am-10:00am Weekly

Venue: DOMN Terms: 1,2,3,4 (Code 9800-02)

### **Rock and Roll - Intermediate**

This course is NOT for beginners. Members enrolled in this course must know at least 14 beginners moves and demonstrate their ability by dancing to the music and assessed by the Tutor to be able to enter the class. No partner is needed, come and join the fun.

Emanuel Alexiou Mon 2:00pm-2:50pm Weekly

Venue: PFR Terms: 1,2,3,4 (Code 9873-01)

## **Strength Training - Level 2**

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

**Only for people who have completed an approved course and acceptance is subject to Tutor approval.**

**Group A.** Vivienne Newman Mon,Thu 8:55am-10:10am Weekly  
Venue: PFR Terms: 1,2,3,4 (Code 8505-01)

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

**Group C.** Julie Gamble, Robyn Jones Tue,Fri 9:00am-10:20am  
Weekly

Venue: R13,14 Terms: 1,2,3,4 (Code 8505-03)

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

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

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

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

## **Table Tennis**

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

Bring your own table tennis bat.

Peter Ng Thu 11:00am-12:30pm Weekly

Venue: DISC Terms: 1,2,3,4 (Code 8600-01)

## **Table Tennis Spin & Smash**

These sessions are for members who want to improve spin and smash skills by practising in single or double games. Members to bring their own bat, pay \$5 for table tennis balls for the year (no pro-rata if they join later), wear suitable indoor sports shoes.

Peter Chan Thu 9:30am-11:00am Weekly

Venue: DISC Terms: 1,2,3,4 (Code 8605-01)



### **Tai Chi Ch'uan - Beginners**

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

#### **NB: ONLY ONE TAI CHI CLASS PER MEMBER**

William Mak Wed 9:00am-10:20am Weekly

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

### **Tai Chi Ch'uan Intermediate/Advanced**

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

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

#### **NB: ONLY ONE TAI CHI CLASS PER MEMBER**

William Mak Wed 10:30am-11:50am Weekly

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

### **Tai Chi Level 1**

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

Class is closed after 3rd session and unable to fill vacancies during the year.

#### **NB: ONLY ONE TAI CHI CLASS PER MEMBER**

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

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

### **Tai Chi Level 2**

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

Class is closed after 3rd session and unable to fill vacancies during the year.

#### **NB: ONLY ONE TAI CHI CLASS PER MEMBER**

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

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

### **Tennis - Friday**

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

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

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

### **Tennis - Monday**

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

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

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

### **Walking - Half Day Walk for Better Health**

This course is suitable for fast walkers who wish to do an extended 8 to 10 km walk within 3 hours. The walking route varies, the list will be posted on the notice board and members notified via e-mail by the tutor. Please bring water and morning tea, lunch (optional after the walk). Hat and sunscreen as required.

Zak Fakhri Wed 8:45am-12 Noon wk4

Venue: VAR Terms: 1,2,3,4 (Code 9866-01)

### **Walking - Slow Walk with Friends**

Suitable for those who like to walk and socialize and may need walking sticks or walking frames. If a member has a Carer, they are also welcome. Bring coffee for a chat after walk.

Pauline Dinatale Tue 10:30am-11:00am wk1,3

Venue: FRDS Terms: 1,2,3,4 (Code 9879-01)

### **Walking for Exercise - Friday**

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

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

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

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

### **Walking for Exercise - Monday**

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

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

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

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

### **Walking for Exercise - Tuesday**

Venue: Finns Reserve. Meet in the carpark on the left at the river end of Duncan Street, Templestowe Lower. Melway ref. 33B4. Walk for an hour then morning tea if you have time.

Walks will not be held on Total Fire Ban days.

Pauline Dinatale Tue 8:55am-10:00am Weekly

Venue: FRDS Terms: 1,2,3,4 (Code 9000-01)

### **Walking for Exercise - Wednesday**

Walk in Ruffey Lake Park. Meet in the 2nd car park off Victoria Street. Melways 33 J10. A regular morning walk is the best exercise for seniors. Improve your health fitness in good company. If possible, stay for a cuppa afterwards.

Walks will not be held on declared TOTAL FIRE BAN days.

David Ellis Wed 9:00am-10:00am Weekly

Venue: RLP Terms: 1,2,3,4 (Code 9003-01)

### **Walking for Fitness - Advanced**

One-hour walks in and around Manningham and nearby parks and reserves. As a guide, participants need to walk at a minimum pace of 4 km/h and be fit enough to manage some challenging hills. Appropriate walking shoes necessary for safety on some unsealed paths. Walks will not be held on declared Total Fire Ban days.

David McNamara Thu 9:00am-10:00am Weekly

Venue: VAR Terms: 1,2,3,4 (Code 9747-01)

### **Yoga**

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

This course is for participants who cannot get on the floor or have not done Yoga before.

**NB: ONLY ONE YOGA CLASS PER MEMBER.**

**Gentle.** Gloria Matison Mon 1:30pm-2:50pm Weekly

Venue: R14 Terms: 1,2,3,4 (Code 9280-01)

## **Yoga**

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

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

Members of this class must have done Yoga before.

**NB: ONLY ONE YOGA CLASS PER MEMBER.**

**Hatha.** Gloria Matison Tue 3:00pm-4:20pm Weekly

Venue: R13,14 Terms: 1,2,3,4 (Code 9275-01)

**Integral.** Gloria Matison Tue 3:00pm-4:20pm Weekly

Venue: R13,14 Terms: 1,2,3,4 (Code 9275-02)

## **Yoga - Classical**

Gently tone, improve flexibility and strengthen the body, ease mental tension and soothe the mind. Beginning with gentle joint exercises, followed by posture and breathing techniques that can energise or relax. Class ends with a guided meditation to calm the mind.

Bring a yoga mat and rug.

**NB: ONLY ONE YOGA CLASS PER MEMBER.**

Nalini Singam Mon 11:15am-12:15pm Weekly

Venue: TACC Terms: 1,2,3,4 (Code 9224-01)

## **Yoga for Health**

Yoga to improve flexibility, tone the body and relax the mind. In addition, breathing exercises are included in these sessions which helps in vitalising the body. Members of this class must have done Yoga before.

Please bring a mat.

**NB: ONLY ONE YOGA CLASS PER MEMBER**

Saroja Swami Wed 12 Noon-1:20pm Weekly

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

## LANGUAGES

### **Chinese - Advanced**

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

Linda Chin Tue 12 Noon-1:20pm Weekly

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

### **Chinese - Mandarin Conversation Level 2**

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

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

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

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

### **Chinese - Mandarin for Absolute Beginners**

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

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

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

### **Chinese - Mandarin Level 1**

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

Wei Xing Huang Fri 12 Noon-1:20pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 1810-01)

### **Chinese - Mandarin Level 1 - Advanced**

Participants must be able to use 'pinyin' in this class, and to have studied Mandarin for at least 2 years with an Intermediate knowledge of Chinese Mandarin and wish to develop their communication skills. This course aims to increase student's confidence in Chinese Mandarin daily conversation, master the language used when travelling in Mandarin speaking countries.

Brenda Wang Thu 9:00am-10:20am Weekly

Venue: R14 Terms: 1,2,3,4 (Code 9856-01)

### **French Conversation - Intermediate**

This course assumes an awareness of basic French grammar although competence and performance may be impaired. The emphasis is on communication rather than accuracy and the aim is to achieve confidence in simple conversational French for social and recreational usage.

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

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

### **French Conversation Level 2**

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

Textbook: French Conversation, Eliane Kurbegov.

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

Venue: R13 Terms: 1,2,3,4 (Code 4490-01)

### **French Conversation Level 3 Group A**

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

Geoff Sheldon Wed 12 Noon-1:20pm Weekly

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

### **French Conversation Level 3 Group B**

Prior knowledge of French is required with all class members invited to share their knowledge. This course is not for beginners. Be prepared to participate and interact in class.

Odile Amparis Wed 8:45am-10:05am Weekly

Venue: Z1 Terms: 1,2,3,4 (Code 4496-01)

### **French Conversation Level 4**

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

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

Venue: Z2 Terms: 1,2,3,4 (Code 4500-01)

### **French Self Help Level 2**

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

The class will be based on the textbook and will include reading, speaking and some grammar.

Text - To be advised.

Helen Anderson Thu 10:30am-11:50am Weekly

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

### **German Advanced Level 1**

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

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

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

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

### **German Advanced Level 3, 4 & Beyond**

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

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

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

### **German for Beginners**

This course is intended for new beginners or those who have only done secondary school German many years ago.

**Please Note: This class commences in Term 2.**

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

Venue: R16 Terms: 2,3,4 (Code 9875-01)

### **German Intermediate**

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

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

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

### **German Kaffeeklatsch**

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

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

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

### **Italian - Introduction for Beginners**

This class is designed for beginners who want to learn Italian. The class will focus on a light-hearted approach to learning, including simple phrases, Italian culture and basic structure. Bring an exercise book and pen.

Photocopies from text book will be organised by the tutor, at 5c per page.

Maria Papalia Tue 1:30pm-2:30pm Weekly

Venue: R15 Terms: 1,2,3,4 (Code 9830-01)

### **Italian - Basic Conversation**

The aim of the course is to enable participants to immerse themselves in some basic Italian grammar and knowledge of the Italian language. Participants will start by learning to use simple phrases, gradually advancing to engage in conversation relating to topics in daily life and current affairs. The course is suitable for those who have studied Italian for at least one year. It is not recommended for those who can already speak the language fluently.

Text: Nuovissimo Progetto Italiano 1 (L. Ruggeri, S. Magnelli, T. Marin) A1-A2

Quaderno degli Esercizi, Edilingua

Rocky Valente Thu 9:00am-10:20am Weekly

Venue: R15 Terms: 1,2,3,4 (Code 9828-01)

### **Italian Conversation Intermediate/Advanced**

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

Textbook 1: Raccontare il Novecento - ISBN 978-960-6632-16-7 - Edilingua.

Textbook 2: Short Stories in Italian (Intermediate) - ISBN 978-1-529-36144-5 - Olly Richards.

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

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

### **Italian for Beginners**

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

Text book: Italian for Beginners, Usborne Language Guides.

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

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

Venue: R14 Terms: 1,2,3,4 (Code 5610-01)



### **Italian Level 3**

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

Texts:

**I Promessi Sposi "Alessandro Manzoni"**

**Imparare Leggendo**

**cideb (CD audio)**

**Nuovissimo Progetta Italiano "Maria Angela Cernigliaro"**

**C1 Quaderno degli Esercizi**

**Edilingua**

Rocky Valente Wed 10:30am-11:50am Weekly

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

### **Spanish - Level 1**

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

Text: "Easy Spanish, Step by Step" by Barbara Bregstein (McGraw Hill)

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

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

### **Spanish Conversation**

Learn how to communicate and have fun in Spanish. This class aims to provide an opportunity to learn some basic grammar and to gain a general understanding of Spanish, to communicate basic needs to travel and "survive" in Spanish speaking countries. This is a conversation class and requires some knowledge of Spanish. It is NOT a class for beginners. Photocopying cost: \$2 per term.

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

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

### **Spanish Conversation - Advanced**

This Spanish conversation class is designed for members who have a reasonable level of fluency and want to improve their Spanish.

The class concentrates on extending your knowledge of Spanish beyond the textbook, to practicing real-time speaking, reading and translation.

Lucy Carrasco Thu 3:00pm-4:20pm wk2,4

Venue: R14 Terms: 1,2,3,4 (Code 9838-01)

## SPECIAL PROJECTS

### **CPR Lecture and Workshop**

CPR lecture followed by CPR workshop.

**Group A.** Thomas Clark Thu 12 Noon-1:20pm w

Venue: R14 Terms: 2 (Code 3201-01)

**Group B.** Thomas Clark Thu 12 Noon-1:20pm w

Venue: R14 Terms: 2 (Code 3201-02)

### **Workshop for Migrant English Tutor Training**

This short course conducted over the first 6 weeks of Term 3, provides training to those wishing to join the Manningham U3A Migrant English Program as Tutors to assist, on an individual basis, migrants who wish to improve their English language skills, in particular conversational English.

There are no pre-requisites for this course, and a comprehensive resource manual funded by Manningham U3A, is provided to all participants.

Ken Coleman, Foong Sim Chin Thu 1:30pm-4:20pm Weekly

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

**Venue Legend**  
**Description/Address**

<b>Venue</b>	<b>Description/Address</b>	<b>Melway Ref</b>
ARV	Applewood Retirement Village 13-49 Tram Road Doncaster	47D3
Bocce Court	Veneto Club 191 Bulleen Rd Bulleen	
BSWC	Basketball Stadium Sheahans Road Reserve Bulleen	32G5
DBC	Donvale Bowls Club Mullum Mullum Resrve, Donvale	34H7
DISC	Donvale Indoor Sports Centre 360 Springvale Road Donvale	48F4
DOMN	The Domaine Retirement Living 37-43 Victoria Street Doncaster	34H12
DRV	Donvale Retirement Village 160 Springvale Road Donvale	34F10
DTC	Donvale Tennis Club Access from Mitcham Road Donvale	48E2
FGC	Freeway Golf Course Columba Street Balwyn North	32B10
FRDS	Finns Reserve Duncan Street Templestowe Lower	33B4
IGC	Ivanhoe Golf Club Vasey St Ivanhoe	
IND	Indulgence Cafe The Pines 520 Blackburn Road Doncaster East	34D5
PFR	The Pines 520 Blackburn Rd Doncaster East	34D5
PR	Private Residence	
Prd	Private Residence - Various Classes TBA Donvale	
R1-18	The Pines 520 Blackburn Rd Doncaster East	34D5
RLP	Ruffey Lake Park Victoria Street Doncaster	33J10
RRV	Roseville Retirement Village 110 King Street Doncaster East	34B10
SHTAC	Scout Hall Ajani Centre 284 Thompsons Road Templestowe Lower	32K7
SMC	St. Mark's Church Cnr. High Street and Dellfield Drive Templestowe	33C7
TACC	Ajani Community Centre 284 Thompsons Road Templestowe Lower	32K7
Tutor	When it is your turn the Tutor will contact you. . .	
VAR	Various Locations Check schedules on notice board. Doncaster East	
Z1	Zoom Online only Doncaster East	
Z2	Zoom Online only Doncaster East	
ZPriv	Zoom Online only Doncaster East	



## **ENROLMENT**

Please apply online by clicking New Member Join at [www.u3amanningham.org.au](http://www.u3amanningham.org.au) under the Login tab or calling at the office during office hours (see front page) for a 'Membership and Enrolment Application' form or ringing 9894 5955. When completing your application form use **the full code number of up to 5 digits followed by a hyphen followed by 2 digits.** Send completed application forms along with a cheque made out to **U3A Manningham** to:-

### **Enrolments**

U3A Manningham

PO Box 3288

The Pines Doncaster East 3109

Membership \$70 (no pro rata). New members must be of retirement age and not be in full employment.

In January (during Summer School), the office will be open on Tuesdays only from 16th January from 10am to 2pm. The office will then be open for the year from Wednesday, 31st January

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

