



THE UNIVERSITY OF THE THIRD AGE

U3A Kingston Inc.

2021 Courses

As at 24 November 2020

U3A Kingston Inc.

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Art

21ART1: FREEHAND DRAWING + WATERCOLOUR PAINTING

Type: Long Course

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 13:00 - 15:00

Location: Courthouse Room 1 37 Albert St, Mordialloc

Convenor: Paul THOMSON

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. We learn about different techniques and styles of drawing. We share our interests and help each other to experience different mediums, sharing our skills and experiences. All welcome from beginners to advanced.

21ART2: PAINTING+DRAWING - VARIETY OF TECHNIQUES

Type: Long Course

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 9:30 - 11:30

Location: Dingley Neighbourhood House 31 Marcus Rd, Dingley

Convenor: Brenda CHAN

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. Using the following mediums: water colour, drawing, oils and acrylics. This is not a teaching class but assistance is given. The venue is approx 10 mins easy drive from our main venue at Mordialloc.

21ART3: PAINTING+ DRAWING -VARIETY OF TECHNIQUES

Type: Long Course

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 13:00 - 15:00

Location: Dingley Neighbourhood House 31 Marcus Rd, Dingley

Convenor: Brenda CHAN

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. Using the following mediums: water colour, drawing, oils and acrylics. This is not a teaching class but assistance is given. The venue is approx 10 mins easy drive from our main venue at Mordialloc.

21ART6: PAINTING+ DRAWING- VARIETY OF TECHNIQUES

Type: Long Course

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 9:30 - 11:00

Location: Dingley Neighbourhood House 31 Marcus Rd, Dingley

Convenor: Yvonne VOCE

THIS IS NOT A TEACHING CLASS BUT ASSISTANCE IS GIVEN. Students provide their own materials. For those starting off, please come to a class BEFORE buying anything. Any Art activity is relatively expensive and there are a number of outlets selling cheap products that can only result in disappointing art work. An estimate to start from scratch-students will need to spend approx\$100- \$150. If you have some materials please bring them to class and Dorothy will can help you make use of them and then gradually add other items as they progress with their work.

THIS CLASS WILL NOT RUN IN 2021 UNLESS A CONVENOR CAN BE FOUND. IF A CONVENOR VOLUNTEERS, MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE.

21ART7: PAINTING+DRAWING -VARIETY OF TECHNIQUES

Type: Long Course

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 13:00 - 15:00

Location: Dingley Neighbourhood House 31 Marcus Rd, Dingley

Convenor: Yvonne VOCE

THIS IS NOT A TEACHING CLASS BUT ASSISTANCE IS GIVEN. Students provide their own materials. For those starting off, please come to a class BEFORE buying anything. Any Art activity is relatively expensive and there are a number of outlets selling cheap products that can only result in disappointing artwork. An estimate to start from scratch-students will need to spend approx\$100- \$150. If you have some materials please bring them to class and Dorothy will can help you make use of them and then gradually add other items as they progress with their work.

21ART8: MARQUETRY

Type: Long Course

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 9:30 - 12:00

Location: Courthouse Room 1 37 Albert St, Mordialloc

Convenor: Ray FROWD

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. Marquetry is the art of making pictures out of wood veneers. Learn to create articles of beauty. Class members need to have a cutting board and a set of cutting blades (available from a \$2 shop)

Exercise

21EXE01: EXERCISE TO MUSIC

Type: Long Course

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 9:30 - 10:30

Location: Allan McLean Hall 37 Albert St, Mordialloc

Convenor: Kay SYMES

The class caters for active and less active participants in an encouraging, friendly and enjoyable environment. The exercises are performed in and out of chairs and aim to improve all aspects of fitness, circulation, breathing, mobility, flexibility, strength, balance and coordination. There is a charge of \$2.00 per session to be paid directly to the tutor.

Suitable footwear and clothing are a condition of participation. Zoom may be used by the tutor dependent on circumstances. Members will be notified of face to face start dates/conditions

21EXE02: WALKING FOR FUN AND FITNESS

Type: Long Course

Dates: 01/02/2021 - 22/11/2021

Frequency: Weekly Course, Mon 10:00 - 11:30

Location: None

Convenor: Christine DEMETRIOUS

Enjoy the City of Kingston from a slower perspective! A friendly, informal group, we walk around the local area and discover places so close to home that we have never dreamed of as being so beautiful. At times we venture further afield, never too far, and discover more magic. Along the way we chat, make new friends, discover new environments and just enjoy each others' company. Locations of each week's walk can be found on the noticeboard in the Courthouse Foyer. Suitable footwear and clothing are a condition of participation.

Suitable footwear and clothing are a condition of participation. Social Distancing and other pandemic requirements must be met.

21EXE03: TABLE TENNIS - MONDAY

Type: Long Course

Dates: 01/02/2021 - 22/11/2021

Frequency: Weekly Course, Mon 15:00 - 16:30

Location: Allan McLean Hall 37 Albert St, Mordialloc

Convenor: Eric MARCH

Suits all standards of player. Matches will be doubles, on three tables. Participants need rubber-soled shoes.

Covidsafe practices will be implemented in line with Government, Council and Table Tennis Association guidelines

21EXE04: TABLE TENNIS - WEDNESDAY

Type: Long Course

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 15:00 - 16:30

Location: Allan McLean Hall 37 Albert St, Mordialloc

Convenor: Eric MARCH

Suits all standards of player. Matches will be doubles, on three tables. Participants need rubber-soled shoes.

Covidsafe practices will be implemented in line with Government, Council and Table Tennis Association guidelines

21EXE05: TABLE TENNIS - FRIDAY

Type: Long Course

Dates: 05/02/2021 - 26/11/2021

Frequency: Weekly Course, Fri 15:00 - 16:30

Location: Allan McLean Hall 37 Albert St, Mordialloc

Convenor: Eric MARCH

Suits all standards of player. Matches will be doubles, on three tables. Participants need rubber-soled shoes. The time is tentative due to COVID cleaning arrangements. Further information will be provided as soon as possible.

Covidsafe practices will be implemented in line with Government, Council and Table Tennis Association guidelines

21EXE06: TABLE TENNIS - TERM HOLIDAYS

Type: Long Course

Dates: 03/02/2021 - 24/11/2021

Frequency: Random dates as specified, Wed 15:00 - 16:30

Location: Allan McLean Hall 37 Albert St, Mordialloc

Convenor: Eric MARCH

Suits all standards of player. Matches will be mainly doubles, on three tables. Participants need rubber-soled shoes. The Friday time is tentative due to covid cleaning arrangements. Participants will be notified as soon as the time is definite.

This class will run Monday, Wednesday and Friday during school holidays.. You can play 1, 2 or all 3 days. It will not run on Public Holidays.

21EXE07: TAI CHI

Type: Long Course

Dates: 01/02/2021 - 22/11/2021

Frequency: Weekly Course, Mon 14:30 - 15:30

Location: Niemann Hall 4 Baxter Ave, Chelsea

Convenor: Anastasia Yianni

Anastasia is a Master Trainer Tai Chi for Health Institute. For improved balance, flexibility, muscular strength and mind/body coordination. Lift your mood, reduce stress to promote relaxation. Sessions include gentle exercises from the Tai Chi for Health Series (Tai Chi for Health Institute) as well as gentle breathing and meditative exercises. The movements can be modified to suit individual needs and be done standing or seated. There is a charge of \$5.00 per session to be paid directly to the tutor. Suitable footwear and clothing are a condition of participation.

Suitable footwear and clothing are a condition of participation. Covidsafe practices will be followed. Numbers will be limited by the space. participants will be notified of a place.

21EXE08: TAI CHI

Type: Long Course

Dates: 01/02/2021 - 22/11/2021

Frequency: Weekly Course, Mon 13:00 - 14:00

Location: Niemann Hall 4 Baxter Ave, Chelsea

Convenor: Anastasia Yianni

Anastasia is a Master Trainer Tai Chi for Health Institute. For improved balance, flexibility, muscular strength and mind/body coordination. Lift your mood, reduce stress to promote relaxation. Sessions include gentle exercises from the Tai Chi for Health Series (Tai Chi for Health Institute) as well as gentle breathing and meditative exercises. The movements can be modified to suit individual needs and be done standing or seated. There is a charge of \$5.00 per session to be paid directly to the tutor. Suitable footwear and clothing are a condition of participation.

Suitable footwear and clothing are a condition of participation. Covidsafe practices will apply. This may limit numbers so participants will be notified.

21EXE09: TAI CHI/QIGONG

Type: Long Course

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 11:00 - 12:00

Location: Allan McLean Hall 37 Albert St, Mordialloc

Convenor: Coralie CROCKER

For improved balance, flexibility and mind/body coordination. Lift your mood, reduce stress. Sessions involve gentle stretching exercises, learning and practising movements and quiet periods of breathing and meditation. There is a charge of \$6.00 per session to be paid directly to the tutor. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE.

Suitable footwear and clothing are a condition of participation. This course will only run if the 15 minimum is reached.

21EXE10: PRYME BALL -VOLLEYBALL FOR 50+

Type: Long Course

Dates: 05/02/2021 - 26/11/2021

Frequency: Weekly Course, Fri 10:00 - 11:00

Location: Chelsea Basketball Stadium Cannes Avenue Bonbeach

Convenor: Margaret MCDONALD

Do you find any repetitive exercise a little bit un-interesting? Then perhaps this game is for you. Pryme Ball is played with 4 a side. Serves are underarm only, and the served ball must be caught (or touched) by one person on the receiving side of the net for the first catch. It is then passed at least once before being thrown back over the volley ball net. Suitable footwear and clothing are a condition of participation.

Rubber-soled shoes are essential. Address - Chelsea Basketball Stadium, Cannes Ave, BONBEACH Suitable footwear and clothing are a condition of participation. COVIDSAFE PRACTICES SET OUT BY THE BUILDING MANAGEMENT WILL BE FOLLOWED

21EXE11: PICKLEBALL 10.00 **Type: Long Course**

Dates: 05/02/2021 - 26/11/2021 **Frequency: Weekly Course, Fri 10:00 - 11:00**

Location: Chelsea Basketball Stadium Cannes Avenue Bonbeach **Convenor: Margaret MCDONALD**

Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. Pickleball is a fun game to play either casually or in a tournament setting, and, while it is not as intense as tennis, can be just as competitive and enjoyable. COVIDSAFE PRACTICES SET OUT BY THE BUILDING MANAGEMENT WILL BE FOLLOWED

Rubber-soled shoes are essential. Address - Chelsea Basketball Stadium, Cannes Ave, BONBEACH

21EXE12: PICKLEBALL 11 AM **Type: Long Course**

Dates: 05/02/2021 - 26/11/2021 **Frequency: Weekly Course, Fri 11:00 - 12:00**

Location: Chelsea Basketball Stadium Cannes Avenue Bonbeach **Convenor: Margaret MCDONALD**

Pickleball is a paddleball sport that combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. Pickleball is a fun game to play either casually or in a tournament setting, and, while it is not as intense as tennis, can be just as competitive and enjoyable. COVIDSAFE PRACTICES SET OUT BY THE BUILDING MANAGEMENT WILL BE FOLLOWED

Rubber-soled shoes are essential. Address - Chelsea Basketball Stadium, Cannes Ave, BONBEACH

21EXE13: BADMINTON **Type: Long Course**

Dates: 05/02/2021 - 26/11/2021 **Frequency: Weekly Course, Fri 10:00 - 12:00**

Location: Chelsea Basketball Stadium Cannes Avenue Bonbeach **Convenor: Margaret MCDONALD**

Badminton is a racket sport hitting a shuttlecock across a net. We will play either singles and/or doubles. Points rescored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court Suitable footwear and clothing are a condition of participation. COVIDSAFE PRACTICES SET OUT BY THE BUILDING MANAGEMENT WILL BE FOLLOWED

Suitable footwear and clothing are a condition of participation.

21EXE14: BEGINNER CROQUET **Type: Short Course**

Dates: 25/02/2021 - 01/04/2021 **Frequency: Weekly Course, Thu 10:00 - 11:00**

Location: Belvedere Bowls Club 148 East Road SEAFORD **Convenor: Maureen Gordon**

Beginner Croquet - A challenge and great fun. The traditional game of Association Croquet is a clever game of skill and gentle exercise in the lovely surroundings of Belvedere Bowls Club, Seaford. A detailed coaching program is conducted by accredited coaches Lewis and Maureen Gordon. All equipment is provided. Students need to wear flat shoes and a sun hat. Bring own water bottle and fee for the 6 week course Cost – \$30 for 6 lessons (covers hire of equipment and green fees) For further information phone 0407 598 288 or email maulew@bigpond.com

Wear flat shoes & sun hat. Water bottles a good idea. \$30 green fee is payable to the bowls club. Address - Belvedere Bowls, East Rd., Seaford

21EXE15: PILATES- chair and mat **Type: Long Course**

Dates: 04/03/2021 - 25/11/2021 **Frequency: Weekly Course, Thu 9:30 - 10:30**

Location: Allan McLean Hall 37 Albert St, Mordialloc **Convenor: None**

Bec Gardner of Painfit in Edithvale is running a chair pilates class. The exercises cater for all participants

There is a fee for these sessions to be paid directly to the convenor. The fee will be \$10 a week paid to the convenor if 10 people enrol. This will decrease to \$5 a week if 20 people enrol.

21EXE16: EXERCISE INCLUDING PILATES

Type: Long Course

Dates: 04/03/2021 - 25/11/2021

Frequency: Weekly Course, Thu 9:30 - 10:30

Location: Allan McLean Hall 37 Albert St, Mordialloc

Convenor: BEC GARDINER

All levels of fitness, all ages accepted, modified exercises where applicable - resistance training, bone strengthening, muscle building, core awareness, Pilates, stretching, mobility and balance. Designed for seniors a combination of chair, standing and a segment for those who like to get down on the mat. Bring a mat or use a chair if preferred/ or advised With Pilates and Buff Bones instructor/Allied Physio Assistant Bec Gardner Please consult doctor before attending this group if you have a chronic condition.

All participants will need to sign waiver which will be sent to you before the first session. There is a \$10 a session fee to be paid by members in this class to the instructor each week. This course begins on the first Thursday in March

Games

21EXE17: BACKGAMMON

Type: Long Course

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 11:00 - 12:30

Location: Courthouse Room 2 37 Albert St, Mordialloc

Convenor: Cheryl RICHARDS

Backgammon is one of the oldest known board games. Its history can be traced back nearly 5,000 years to archaeological discoveries in Mesopotamia. It is a two-player game where each player has fifteen pieces (checkers or men) that move between twenty-four triangles (points) according to the roll of two dice.

21GAM1: BRIDGE

Type: Long Course

Dates: 05/02/2021 - 26/11/2021

Frequency: Weekly Course, Fri 9:30 - 12:00

Location: Courthouse Room 1 37 Albert St, Mordialloc

Convenor: Margaret WHEELER

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. IF YOU ARE INTERESTED IN RUNNING AN ONLINE COURSE PLEASE CONTACT US u3akingstoncourses@gmail.com Bridge is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships. Beginners and experienced players are welcome to join

21GAM2: MAH-JONG

Type: Long Course

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 13:00 - 15:00

Location: Courthouse Room 2 37 Albert St, Mordialloc

Convenor: Barbara BALLARD

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. A game of luck, skill and concentration played in groups of 3 or 4 players. Our game of Mahjong is a westernised form of the original Chinese game using small tiles marked with symbols. Beginners and more experienced players are most welcome

If you are interested in running this class online please contact Anne u3akingstoncourses@gmail.com

21GAM3: SOLO (WHIST)

Type: Long Course

Dates: 05/02/2021 - 26/11/2021

Frequency: Weekly Course, Fri 9:30 - 12:00

Location: Courthouse Room 2 37 Albert St, Mordialloc

Convenor: Julie FLETCHER

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. Solo is a plain-trick game with trumps and bidding. Beginners and experienced players are welcome to join. Alternative venue may be arranged- members will be consulted.

An understanding of card games is an advantage. Classes continue through the school holidays

21GAM4: BOLIVIA (cards) **Type: Long Course**

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 13:00 - 16:00

Location: Lewis House Front Room 2A Lewis St, Mordialloc

Convenor: Margery WHITFIELD

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. Bolivia is a version of Canasta. Canasta originated in South America. It is a very popular game among social players. Number of Players: Bolivia may be played by any number from two to six, though it's best with four players, played as a partnership game. This course does not run on the second Wednesday of the month.

21GAM5: SCRABBLE

Type: Long Course

Dates: 01/02/2021 - 22/11/2021

Frequency: Weekly Course, Mon 13:00 - 15:00

Location: Lewis House Front Room 2A Lewis St, Mordialloc

Convenor: Dorothy Reddaway

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. All welcome- beginners and experts!

21GAM6: RUMMIKUB

Type: Long Course

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 13:00 - 15:00

Location: Lewis House Front Room 2A Lewis St, Mordialloc Mordialloc

Convenor: Doone GILLESPIE

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. Combining features of some of the most famous pastimes such as Mah-Jong, Rummy, Dominoes and Chess, Rummikub is a stimulating game requiring a large measure of strategy and a small dose of luck.

Humanities

21HUM01: BIG HISTORY

Type: Zoom long

Dates: 01/02/2021 - 22/11/2021

Frequency: Weekly Course, Mon 12:30 - 14:30

Location: Zoom

Convenor: Natasha STROMMER

Important events, people and ideas- and some lesser known ones- in world history. THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 1

21HUM02: SOCIAL STUDIES

Type: Zoom long

Dates: 01/02/2021 - 22/11/2021

Frequency: Weekly Course, Mon 10:00 - 12:00

Location: Zoom

Convenor: Noel Coxhead

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 1 The Social Studies group hosts a wide range of guest speakers. We have heard about everything from Climate Change to Indian Handcrafts; from the History of the bible to the experiences of one of the British children who were stolen and sent to Australia. Numbers have been increased only for zoom sessions and will return to 50 once face to face classes are possible. The first 50 people on the list will be the face to face class members.

There is a \$2 per member charge at the beginning of each term to cover the cost of gifts given to guest speakers.

21HUM04: HISTORY OF BRITISH INDIA

Type: Long Course

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 9:30 - 11:30

Location: Courthouse Room 2 37 Albert St, Mordialloc

Convenor: Margaret McKAY

THIS COURSE IS A MODERN HISTORY OF INDIA AND THE COLONIAL EXPERIENCE OF BRITISH RULE. IT EXAMINES THE BROADER IMPACT OF BRITISH COLONIAL RULE UPON INDIA'S CULTURAL, RELIGIOUS, POLITICAL AND SOCIAL TRADITIONS AND ITS ECONOMIC RELATIONSHIP WITH THE WORLD

THIS COURSE WILL RUN FACE TO FACE. DEPENDING ON THE NUMBERS ENROLLED IT CAN BE RUN TWICE ON THE SAME DAY. CLASS MEMBERS WILL BE ADVISED OF THE DETAILS AFTER ENROLMENT DAY.

21HUM05: GREAT MINDS OF THE WESTERN INTELLECTUAL

Type: Long Course

Dates: 05/02/2021 - 26/11/2021

Frequency: Weekly Course, Fri 13:00 - 15:00

Location: Lewis House Main Room 2A Lewis St, Mordialloc

Convenor: Margaret McKAY

THE COURSE IS A COMPREHENSIVE SURVEY OF THE HISTORY OF WESTERN PHILOSOPHY FROM THE ORIGINS IN CLASSICAL GREECE TO THE PRESENT

THIS CLASS WILL RUN IN ONE OR TWO SESSIONS DEPENDING ON ENROLMENTS. YOU WILL BE NOTIFIED OF DETAILS AFTER THE ENROLMENT DAY.

21HUM06: THE BIBLE AS A HISTORY

Type: Short Course

Dates: 02/02/2021 - 23/11/2021

Frequency: Random dates as specified, Tue 13:00 - 15:00

Location: Courthouse Room 1 37 Albert St, Mordialloc

Convenor: Henk OVERBERG

DATES FOR THIS COURSE ARE UNCERTAIN. We moderns see the Bible as a single book, but the Bible is really a collection of texts, of varying quality, written by many different people at different times and different places, and for different purposes. How these texts came to be the Bible is in itself a long and fascinating history. But the Bible contains a history as well - besides many other things: it deals with a relationship between a people and its God, contains rules for living, has sections of poetry and song, explores prayers invocations and curses, tells stories. The present course, whilst acknowledging these manifold aspects of the Bible, wants to explore what is (and isn't) history in the Bible: a story of a people acting out events at different times in different places.

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE AND A VACCINE IS IN PLACE There is a \$2 per member charge payable to the tutor to cover the cost of their photocopying. There is a \$2 per member charge payable to the tutor to cover the cost of their photocopying. THIS COURSE WILL NOT RUN IN TERMS 2 & 4

21HUM11: BOOK DISCUSSION GROUP 2

Type: Long Course

Dates: 22/02/2021 - 22/11/2021

Frequency: Monthly, Mon 13:00 - 15:00

Location: Zoom

Convenor: Robyn ANASTASIOU

Book Discussion is held on the fourth Monday of the month when we meet at 1pm to discuss the book for the month. The book is presented by the member who chose the book. The selection of books decided by members for the reading list is diverse so provides for an interesting and lively sharing of ideas & impressions in a non judgemental and friendly manner. Individual views differ so the discussion is not always consensual.

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 2

21HUM12: FINANCE

Type: Long Course

Dates: 05/02/2021 - 26/11/2021

Frequency: Weekly Course, Fri 10:00 - 12:00

Location: Lewis House Main Room 2A Lewis St, Mordialloc

Convenor: Len BRAZEL

Finance Class This class aims to keep us informed of current financial affairs and market movements to help us to become more confident in dealing with our own personal affairs. It follows money, policy and business affairs by monitoring daily news and reports and discussing issues within the group. It does not involve any financial outlay nor any formal teaching. Min 10 Max 25 Face to Face

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO LEWIS HOUSE MAIN ROOM Not a structured format. If class nearly full, you are welcome to come and try for yourself.

21HUM13: LET'S EXPLORE MELBOURNE - WEDNESDAY

Type: Long Course

Dates: 10/02/2021 - 10/11/2021

Frequency: Monthly, Wed 9:00 - 15:00

Location: None

Convenor: Cheryl RICHARDS

Discover the hidden secrets of our fabulous city, visit places you've always meant to go to. Be at the Mordialloc station by 9.00.a.m. every 2nd Wednesday of the month. If you cannot attend. class you MUST advise me as there is a large waiting list. Participants are to bring their Myki card as we travel by train to the city. Make sure you have your Mobile phone, Name Tag/Lanyard & a concession card or Seniors card (if you have one) We always have lunch at a cafe or restaurant. If you prefer not to attend, that's fine.

This class does not run during school holidays. This class will run in line with government guidelines during the pandemic The convenor will notify you of a place in the class.

21HUM14: LET'S EXPLORE MELBOURNE - THURSDAY

Type: Long Course

Dates: 25/02/2021 - 26/11/2021

Frequency: Monthly, Thu 9:00 - 15:00

Location: None

Convenor: Cheryl RICHARDS

Discover the hidden secrets of our fabulous city, visit places you've always meant to go to. Be at the Mordialloc station by 9.00.a.m. every 4th Thursday of the month. If you cannot attend. class you MUST advise me as there is a large waiting list. Participants are to bring their Myki card as we travel by train to the city. Make sure you have your Mobile phone, Name Tag/Lanyard & a concession card or Seniors card (if you have one) We always have lunch at a cafe or restaurant. If you prefer not to attend, that's fine.

This class does not run during school holidays This class will run in line with government guidelines during the pandemic The convenor will notify you of a place in the class.

21HUM15: LET'S EXPLORE MELBOURNE - FRIDAY

Type: Long Course

Dates: 26/02/2021 - 26/11/2021

Frequency: Monthly, Fri 9:30 - 15:00

Location: None

Convenor: Margaret Miller

On the 4th Friday of the month, discover the hidden secrets of our fabulous city and visit places you've always meant to go to. We'll travel to the city by train so everyone will need a Myki Card. Meeting at Parkdale station by 9.30.a.m or perhaps we'll decide on a particular carriage to board along the Frankston line so we travel together. First up is a coffee when we arrive then off on our exploration. Lunch together at a cafe or restaurant. Details will be emailed.

This class will run in line with government guidelines during the pandemic

21HUM18: Ken Wilber's Integral (Meta)Theory

Type: Long Course

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 14:00 - 15:30

Location: Courthouse Room 2 37 Albert St, Mordialloc

Convenor: Richard Bull

Ken Wilber is regarded by some as the leading philosopher of his generation, with his books having been translated into 20+ languages. Over the course of 30+ years he has produced a body of work, now known as 'Integral (Meta)Theory' that embraces and synthesises knowledge and ideas from the East and the West. The course will consist of a basic PowerPoint introduction to who he is, where he's coming from, and some fundamental components of his metatheory. This will then be followed by a more detailed look into his book, A Brief History of Everything, which is a shortened version of his Magnum Opus (so far) called, Sex, Ecology, Spirituality

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE.

Languages

21LANG03: FRENCH -READ AND THINK FRENCH

Type: Long Course

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 10:00 - 12:00

Location: Lewis House Main Room 2A Lewis St, Mordialloc

Convenor: Tony HAYDON

Welcome back to Tony Haydon's French class. Pronunciation and translation of advanced texts THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO LEWIS HOUSE MAIN ROOM

Mind Body Soul

21MBS02: DINE OUT

Type: Long Course

Dates: 17/02/2021 - 17/11/2021

Frequency: Monthly, Wed 18:30 - 21:00

Location: None

Convenor: Frances KEOGH

A nice group of people who get together once a month to enjoy good food and good company. We visit a wide range of mostly local restaurants that are reasonably priced. Some of the restaurants are BYO. This group meets on the third Wednesday of the month. See the noticeboard in the Foyer of the Courthouse for locations. Details will also be posted on our website for each month

Write your name on the list on the Notice board (when we return to the site) or email the convenor if you are able to attend so that an accurate number can be made when I book the restaurants. Thanks

21MBS04: MEDITATION AND POSITIVE THINKING

Type: Short Course

Dates: 03/02/2021 - 31/03/2021

Frequency: Weekly Course, Wed 14:30 - 15:30

Location: Courthouse Room 2 37 Albert St, Mordialloc

Convenor: Monique Macdonald

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE. This course is repeated each term. Understanding how attitude influences our thoughts and actions. Meditation and Positive Thinking assists with keeping our minds calm, positive and clear. A commitment to attend is required as the tutor prepares for maximum participation. Minimum: 6 students Max: 15 students

There is a charge of \$2 per session payable to the convenor. Participants are to bring pen and paper.

21MBS05: CRYPTIC CROSSWORDS

Type: Long Course

Dates: 05/02/2021 - 26/11/2021

Frequency: Weekly Course, Fri 13:00 - 15:00

Location: Courthouse Room 1 37 Albert St, Mordialloc

Convenor: Margery WHITFIELD

Our cryptic crossword class is very user-friendly and we have a beginners section so you can learn at your own pace (one-on-one with the tutor). Once you begin to understand what the clues are telling you, such as "queen" probably means "er" - elif.rex, and a flower can mean a rose or a river- flow-er, you can start to enjoy cryptics.

MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE.

21MBS06: WINE APPRECIATION

Type: None

Dates: 12/07/2021 - 22/11/2021

Frequency: Weekly Course, Mon 14:30 - 16:30

Location: Courthouse Room 1 37 Albert St, Mordialloc

Convenor: Ian BLUNT

Want to discover how we Taste Wine? Come on a 16 week tour learning what is wine, what it is that we are tasting and why, and where and how wine is grown and made by a taking a tasting journey through the major wine varieties we see in Australia. We finish by a tasting visit to the main wine producing countries of the World. For those members who already have an appreciation of both Red and White wine and would like to learn more, and possibly for a Novice with limited wine appreciation, but a determination to go the whole journey. MEMBERS WILL BE NOTIFIED IF THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE.

To cover the cost of wines on Tasting - \$7-\$10 per person per Session, paid directly to the tutor. This depends on numbers Participants will be required to purchase a set of 6 wine tasting glasses via U3A at a cost of \$15 per set of six. This will be payable at the first session in cash- a receipt will be issued. If you wish to purchase your own ISO Wine Tasting Glasses you must email u3akingstonoffice@gmail.com as soon as you enrol, to OPT OUT. Minimum number of 12 to run

Music

21MUS01: CHOIR - STILL IN THE PINK

Type: Zoom long

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 15:00 - 16:30

Location: Zoom

Convenor: Judy SULLIVAN

We are about having fun, singing to feel young. In a relaxed, fairly informal way, Judy Sullivan teaches the rudiments of singing and music. A wide variety of styles is covered, from standards of the 20s, 30s and 40s, the hit musicals, through to the pop era of Elvis, the Beatles, Roy Orbison, Johnny Cash and many, many more. THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 1

When face to face there is a cost of \$5.00 per term payable to the choir administrator Julie Fletcher to cover the cost of incidentals.

21MUS04: FOLK GUITAR FOR BEGINNERS

Type: Long Course

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 10:00 - 10:50

Location: Courthouse Room 2 37 Albert St, Mordialloc

Convenor: Ken Spencer

The time and date are to be confirmed asap Objectives Able to play guitar accompaniments for folk songs. Introduction to guitar tablature to play simple melodies Begin to develop a song repertoire for performance Skills Learn chords D,G,A7,D7 & Em Basic right hand strum style

Your own guitar and a A4 folder for storage of supplied music. The best option would be a classical guitar either full or 3/4 size fitted with nylon strings. If you already have a guitar bring it along to the first lesson and assess its suitability. If buying a new guitar it's best to purchase from a music shop that has specialised knowledge about guitars. Two I recommend are Ron Leigh's Music Factory in Hampton and Pat's Music in Oakleigh

21MUS05: FOLK GUITAR FOR CONTINUING BEGINNERS

Type: Long Course

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 11:00 - 12:00

Location: Courthouse Room 2 37 Albert St, Mordialloc

Convenor: Ken Spencer

Details are to be confirmed asap Objectives Revise guitar accompaniments and introduce finger style More guitar tablature to play simple melodies Continue to develop a song repertoire for performance Skills Revise chords D,G,A7,D7 & Em New chords C,F,G7,Am,& Dm Basic right hand strum style with a bass note

Your own guitar and a A4 folder for storage of supplied music. The best option would be a classical guitar either full or 3/4 size fitted with nylon strings. If you already have a guitar bring it along to the first lesson and assess its suitability. If buying a new guitar it's best to purchase from a music shop that has specialised knowledge about guitars. Two I recommend are Ron Leigh's Music Factory in Hampton and Pat's Music in Oakleigh

21MUS06: Melodyria Russian Choir

Type: Long Course

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 11:00 - 13:00

Location: Allan McLean Hall 37 Albert St, Mordialloc

Convenor: None

Melodyria is a lively Russian language choir of women and men, formed under the direction of trained choir director Nataliya Rahim. We aim to enjoy our rehearsals and performances as we sing beloved melodies for our own pleasure and that of our audiences. The Melodyria choir repertoire includes popular international songs from the 1940s to the present day. Those songs have been mainly in Russian with a smattering of Yiddish, Italian, Belarussian and Spanish. Members have performed in various venues such as the Royal Exhibition building for the Russian Festival and aged care facilities in the South Eastern suburbs of Melbourne. All are welcome to join. As we often harmonise in parts, recording of sessions may be needed. Help can be provided with transliteration.

There is a weekly cost of \$5.00 payable to the Choir Director for tuition and transport costs. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE.

ONLINE- ZOOM

21ART4: ZOOM -PHOTOGRAPHY FUNDAMENTALS

Type: Long Course

Dates: 04/02/2021 - 25/11/2021

Frequency: Second and Fourth weeks, Thu 10:00 - 12:00

Location: Zoom

Convenor: Robert SINCLAIR

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 1 Learn to make the most of your camera. One week we go on location to take photos, this ranges from city visits to rural places. The next week we meet at the Court House to share our photos and discuss techniques and ways of improvement. The Courthouse meetings are on the 2nd and 4th Thursdays of the month. You will be notified on venues.

21ART5: ZOOM DIGITAL PHOTOGRAPHY- ADVANCED

Type: Zoom long

Dates: 04/02/2021 - 25/11/2021

Frequency: First and third weeks, Thu 10:00 - 12:00

Location: Zoom

Convenor: Hilary HARWOOD

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 1 Using more complex digital cameras. Regular outings and image evaluation with classroom sessions of a more practical and advanced nature. A€Not suitable for beginners with basic compact or phone cameras. For those who are experienced photographers often working towards competitions. You will be notified if you are accepted into this course and of venues. The Courthouse classes are held on the 1st and 3rd Thursdays of the month.

Completion of the Photography Fundamentals course is a pre-requisite. You will be notified of acceptance into this course

21HUM03: CRIMINOLOGY

Type: Zoom long

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 10:00 - 12:00

Location: Zoom

Convenor: David BAKER

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO LEWIS HOUSE MAIN ROOM Crime, why people commit crime and how it should be controlled, is a complex and much debated issue. This course explores various types of criminal behaviour and examines causes of crime and contemporary strategies for dealing with it.

ON THE RETURN TO FACE TO FACE THE CLASS CAPACITY WILL RETURN TO 12.

21HUM07: FAMILY HISTORY/GENEALOGY

Type: Long Course

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 9:30 - 11:30

Location: Zoom

Convenor: Julie VINEY

Are you interested in tracing your ancestors? We are a peer managed group and our objective is to assist and support all members, as we work through our family histories. Beginners and the more experienced genealogist are all welcome. Our sessions include tutorials, presentations and problem solving discussions. We access genealogical services such as online research. Visit Parkdale and State Library, archive and record centres, as permitted. We have a small internal library of genealogy/Family History books, magazines and CD's. Come and join our like-minded group.

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 1

21HUM08: WRITING FOR PLEASURE

Type: Long Course

Dates: 05/02/2021 - 26/11/2021

Frequency: Weekly Course, Fri 10:00 - 12:00

Location: Zoom

Convenor: Lorraine FREDERIKSEN

The course is designed for fun and for you to be engaged as a writer, beginner or not. Our friendly group members share work on a wide range of topics and help each other to build the confidence to explore our creative side. Short stories, memoirs, poetry, how to set plots, improve characters, the list is endless. A plus is that we get to think more about our lives and others through our writings.

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO Lewis House FRONT ROOM

21HUM09: POETRY APPRECIATION

Type: Long Course

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 10:00 - 12:00

Location: Zoom

Convenor: Sandra PENNY

We explore and debate topics and disputes about poets and poetry. An eclectic range of poets are investigated, discussed and simply experienced. We write and share our own verses sharing our experiences through words. The class just enjoy the range of human experience and emotion through poetry.

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 2

21HUM10: BOOK DISCUSSION GROUP 1

Type: Long Course

Dates: 22/02/2021 - 22/11/2021

Frequency: Monthly, Mon 13:00 - 15:00

Location: Zoom

Convenor: Sandra SEMKEN

On the 4th Monday of each month, we get together to discuss the text that we have read in the preceding 4 weeks. As a group, we work collegially to develop a better understanding of the intention of the author, or at least what we think it is! We share a common love of reading and a willingness to express our views on the texts and their authors. We aim to expand our literary horizons by reading a variety of genres and we generally seek to source the texts through local libraries. Our opening book for the year is *“Sapiens”* by Yuval Noah Harare. For the remainder of the year, we will read and discuss : *“The Trauma Cleaner”*, *“The Land Before Avocado”*, *“The Reluctant Fundamentalist”*, *“The Beekeeper of Aleppo”*, *“A Gentleman in Moscow”*, *“Wimmera”*, *“Boy Swallows Universe”*, *“No Friend but the Mountains”*, and *“The Things We Cannot Say”*.

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO Lewis House MAIN ROOM Starts Jan 18th due to later public holiday.

21HUM16: CURRENT AFFAIRS - Online

Type: Zoom long

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 13:30 - 15:00

Location: Zoom

Convenor: Peter STEELE

We are an informal group that meet to discuss a wide range of issues that arise via the media, television, newspapers, radio or just a rumour; sometimes sparking a healthy debate with opposing views and interpretation. There are currently no plans to run face to face classes. This course was formally run at Dingley Neighbourhood House

21HUM17: CURRENT AFFAIRS - MORDIALLOC

Type: Zoom long

Dates: 05/02/2021 - 26/11/2021

Frequency: Weekly Course, Fri 13:00 - 15:00

Location: Zoom

Convenor: Ralph CLEARY

We are an informal group that meet to discuss a wide range of issues that arise via the media, television, newspapers, radio or just a rumour; sometimes sparking a healthy debate with opposing views and interpretation. THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 2

21LANG01: FRENCH - BEYOND BEGINNERS

Type: Zoom long

Dates: 02/02/2021 - 23/11/2021

Frequency: Weekly Course, Tue 10:00 - 12:00

Location: Zoom

Convenor: Judy CORDEROY

This is a class for those with some knowledge of French. Learn and have fun in a relaxing atmosphere THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO LEWIS HOUSE FRONT ROOM

21LANG02: FRENCH - CONVERSATION

Type: Zoom long

Dates: 01/02/2021 - 22/11/2021

Frequency: Weekly Course, Mon 10:00 - 12:00

Location: Zoom

Convenor: Randy Marshall

A class for those who already have a reasonable grasp of French grammar and vocabulary but want to improve their listening and speaking skills. We aim to speak as much French as possible, explore French and Francophone events and culture during the class, and not worry too much about making mistakes!

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO LEWIS HOUSE MAIN ROOM

21LANG04: ITALIAN - ABSOLUTE BEGINNERS

Type: Zoom long

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 9:15 - 10:30

Location: Zoom

Convenor: Felicity WIGG

For those interested in learning a new language. You must be new to learning Italian. If you have learned some Italian please choose the Post-Beginners course

There are no plans to run this class face to face. It is a zoom only course.

21LANG05: ITALIAN - CONTINUING BEGINNERS

Type: Zoom long

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 10:30 - 11:45

Location: Zoom

Convenor: Felicity WIGG

This is a new class for those members who have completed Absolute Beginners in 2020/ There are no plans to run this class face to face. It is a zoom only course.

21LANG06: ITALIAN -INTERMEDIATE

Type: Zoom long

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 13:00 - 13:45

Location: Zoom

Convenor: Felicity WIGG

This course is suitable for those who have some experience of the Italian language. We converse, expand our vocabulary and increase our understanding of the Italian culture. Mostly we have fun while learning.

There are no plans to run this class face to face. It is a zoom only course.

21LANG07: ITALIAN - POST BEGINNERS

Type: Zoom long

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 14:00 - 15:15

Location: Zoom

Convenor: Felicity WIGG

For those who have some knowledge of the Italian language.

There are no plans to run this class face to face. It is a zoom only course.

21LANG08: ITALIAN CONVERSATION

Type: Zoom long

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 12:00 - 12:30

Location: Zoom

Convenor: Joanne Milana

Come along and practise your Italian conversation skills. THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE.

21LANG09: SPANISH LANGUAGE & CULTURE

Type: Zoom long

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 13:00 - 15:00

Location: Zoom

Convenor: Randy Marshall

Randy will concentrate at the entry point on practical travel Spanish, peppering language work with cultural aspects of Iberian and Central/South American life, travel, food, customs, music, film, news, literature, etc. More experienced speakers will benefit from his extensive knowledge of both European and American Spanish life, history, culture, language, accents, idioms and customs. THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO LEWIS HOUSE MAIN ROOM

Practice Makes Perfect Spanish Conversation by Jean Yates McGraw Hill (Publisher) Available at Languages International Bookshop

21MBS01: GARDENING

Type: Long Course

Dates: 15/02/2021 - 15/11/2021

Frequency: Monthly, Mon 13:00 - 15:00

Location: Zoom

Convenor: Shelley Greaves

Our group works together to explore all aspects of gardening. We cover things like seed saving, propagation, taking cuttings and growing mediums. We exchange cuttings and plants and help each other sort out any problems and share solutions. We have occasional guests and also make excursions to gardens of interest, great days out as permitted We meet on the THIRD MONDAY OF THE MONTH.

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO LEWIS HOUSE MAIN ROOM

21MBS03: REIKI AND MEDITATION WORKSHOP

Type: Long Course

Dates: 01/02/2021 - 22/11/2021

Frequency: Weekly Course, Mon 13:30 - 15:00

Location: Zoom

Convenor: Sue Beck

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO CH ROOM 2 In this workshop participants will get an opportunity to develop the skills required to provide hands-on reiki healing for families and friends. Reiki improves energy flow, enables relaxation and can help reduce pain which is why it has become an important adjunct to traditional medicine in many hospitals, nursing homes and palliative care hospices. Monthly workshops will include - discussions on reiki principles and practice - guided meditation and reiki self-healing - giving and receiving reiki practice with others

COURSE FACILITATOR BACKGROUND Reiki Workshop Facilitator John Morrison is an accredited Reiki Master and has been practicing Reiki healing with family and friends for over 15 years. He has studied under several Reiki Masters with direct lineage to Mikao Usui, the Japanese Buddhist Monk who rediscovered this lost healing art in 1922.

21MUS02: UKULELE INTRODUCTION

Type: Zoom long

Dates: 03/02/2021 - 23/06/2021

Frequency: Weekly Course, Wed 14:30 - 15:30

Location: Zoom

Convenor: Carolyn Coxhead

This course is suitable for absolute beginners or those who know just a couple of chords During the term we will be covering: -know your uke: parts of the ukulele -basic music theory -learn ukulele chords and learn how to read chord diagrams -play and sing lots of easy but interesting songs easy! And it's fun. Notes/music will be provided. . Music and associated notes will be provided. THIS COURSE RUNS FOR A SEMESTER and will be run by Michael Bell. THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RETURN TO FACE TO FACE. THE COURSE WILL RUN IN LHMR ON RETURN.

You will need to beg, borrow or buy a ukulele. If you want good advice on purchasing a ukulele go to any good music shop. Ron Leigh in Hampton St Hampton and Pat's Music Shop on the corner of Centre Rd and Warrigal Rd East Bentleigh are good starting points. Cost starts from around \$69 and beware that cheaper ukuleles are generally not worth buying as they will not stay in tune.

21MUS03: UKELELE- CONTINUING

Type: Zoom long

Dates: 03/02/2021 - 24/11/2021

Frequency: Weekly Course, Wed 13:15 - 14:30

Location: Zoom

Convenor: Carolyn Coxhead

A weekly class for continuing players who have done the beginner course or already have some experience playing ukulele. We will play and sing together and also include skill development in each class. Numbers: on Zoom: 6 - 20, in physical class 6 - 30 This course will run in Alan McLean Hall when we are able to return. members will be notified.

A book is required to be purchased at a cost of \$15.

Science

21SCI01: HOW AND WHY THINGS WORK

Type: Long Course

Dates: 04/02/2021 - 25/11/2021

Frequency: Weekly Course, Thu 12:45 - 14:45

Location: Lewis House Main Room 2A Lewis St, Mordialloc

Convenor: Len BRAZEL

Have you ever asked "How and why things work"? This class is about providing the answers and explaining the processes involved. The class has moved from formal teaching to briefer and easily addressed snapshots of the science and technology now in use. No special prerequisites apply. Participation would suit anyone with an inquiring mind and some general interest in science. Min 5 Max 25 MEMBERS WILL BE NOTIFIED WHEN THIS COURSE WILL RUN. IT IS INTENDED THAT IT BEGIN WHEN FULL NUMBERS CAN ATTEND FACE TO FACE.

No special prerequisites required. Come and try for yourself.
