



THE UNIVERSITY OF THE THIRD AGE

U3A Kingston Inc.

2022 Courses

26 November 2021

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Art

22232: MARQUETRY

Type: Long Course

Dates: 01/02/2022 - 22/11/2022

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Ray FROWD

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)

22233: PAINTING+DRAWING - VARIETY OF TECHNIQUES

Type: Long Course

Dates: 01/02/2022 - 22/11/2022

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

Location: Dingley Neighbourhood House 31 Marcus Rd Dingley

Convenor: Brenda CHAN

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.

22234: PAINTING+ DRAWING -VARIETY OF TECHNIQUES

Type: Long Course

Dates: 01/02/2022 - 22/11/2022

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

Location: Dingley Neighbourhood House 31 Marcus Rd Dingley

Convenor: Brenda CHAN

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.

22332: FREEHAND DRAWING + WATERCOLOUR PAINTING

Type: Long Course

Dates: 02/02/2022 - 23/11/2022

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Paul THOMSON

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.

22436: PAINTING+ DRAWING- VARIETY OF TECHNIQUES

Type: Long Course

Dates: 03/02/2022 - 24/11/2022

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.

22437: PAINTING+DRAWING -VARIETY OF TECHNIQUES

Type: Long Course

Dates: 03/02/2022 - 24/11/2022

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 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.

Exercise

22109: LINE DANCING

Type: Long Course

Dates: 31/01/2022 - 26/11/2022

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

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: Lorraine HARRIS

Low impact line dancing. An hour of fun and exercise. 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.

Suitable footwear and clothing are a condition of participation.

22110: TAI CHI/QIGONG

Type: Long Course

Dates: 31/01/2022 - 21/11/2022

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

Location: Niemann Hall 4 Baxter Ave Chelsea

Convenor: Anastasia Yianni

CIRCUMSTANCES PREVENT THE IMMEDIATE START OF THIS COURSE. ATTENDEES WILL BE NOTIFIED WHEN IT IS TO START. 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 \$10.00 per session to be paid directly to the tutor. Suitable footwear and clothing are a condition of participation.

CIRCUMSTANCES PREVENT THE IMMEDIATE START OF THIS COURSE. ATTENDEES WILL BE NOTIFIED WHEN IT IS TO START. Suitable footwear and clothing are a condition of participation. Covidsafe practices will be followed. Numbers will be limited by the space.

22113: WALKING FOR FUN AND FITNESS

Type: Long Course

Dates: 31/01/2022 - 21/11/2022

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 other's company. Locations of each week's walk can be found on the noticeboard in the Courthouse Foyer. A copy will be emailed to you in the New Year. 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.

22124: TABLE TENNIS - MONDAY

Type: Long Course

Dates: 03/01/2022 - 19/12/2022

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

22239: TAI CHI/QIGONG

Type: Long Course

Dates: 01/02/2022 - 22/11/2022

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 \$5.00 per session to be paid directly to the tutor.

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

22325: TABLE TENNIS - WEDNESDAY

Type: Long Course

Dates: 05/01/2022 - 23/11/2022

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

22330: LAWN BOWLS Beginners

Type: Long Course

Dates: 02/02/2022 - 22/06/2022

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

Location: Clayton Bowls Club 37A Springs Rd Clayton South

Convenor: David Leverett

For Beginners. Lawn bowls is terrific sport for people of all ages and abilities. It's social, it's fun and can be as competitive as you wish! In this two semester course you will learn all about the enjoyable side of bowls as well as bowls etiquette, technique, skills, rules of play and most importantly how to improve while having a great time! By the end of the course you will be able to confidently play a game of bowls in a social or pennant setting. Coaches and tutors. At Clayton Bowls Club you will be taught by a variety of highly experienced players including our coach, Ali Forsyth, who is the current World Champion. Ali has over 30 years' experience playing and coaching at the highest level. Ali has represented New Zealand in the Commonwealth Games (2018), won seven medals at the Asia Pacific Games, at national level won nine New Zealand titles, and is the World Fours Champion.

The course is planned to run on Term 1 and Term 2. Need flat soled shoes, casual clothes, raincoat, jumper and sunscreen. All equipment and coaching is supplied along with complimentary tea and coffee. Cost is \$20 per term.

22338: EXERCISE TO MUSIC

Type: Long Course

Dates: 02/02/2022 - 23/11/2022

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 \$4.00 per session to be paid directly to the tutor to cover her registration costs.

Suitable footwear and clothing are a condition of participation.

22532: FUN, FOOD and FITNESS

Type: Long Course

Dates: 25/02/2022 - 25/11/2022

Frequency: Monthly, Fri 10:00 - 14:00

Location: None

Convenor: Hilary HARWOOD

Interested people will need a good level of fitness and be able to walk 8 to 10 kms. Each walk will involve exploring a different area of Melbourne. They will start with coffee/tea at a cafe in the designated area. The walks will involve some culture, history and parklands and the general nuances of that area. We will then finish off with lunch at a cafe in the area. If interested you will need to be able to drive to the starting point of the walk. Carpooling may be able to be arranged. Some areas we will visit include Middle Park, Brighton, St Kilda and Mornington. Course will commence on Friday 25th February.

Runs on the last Friday of the month

22540: PICKLEBALL 10AM

Type: Long Course

Dates: 04/02/2022 - 25/11/2022

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 We are negotiating a new venue. Information to follow

22541: PICKLEBALL 11 AM

Type: Long Course

Dates: 04/02/2022 - 25/11/2022

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 We are negotiating a new venue. Information to follow

22544: TABLE TENNIS - FRIDAY

Type: Long Course

Dates: 07/01/2022 - 30/12/2022

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

Games

22148: SCRABBLE

Type: Long Course

Dates: 31/01/2022 - 26/11/2022

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

Location: Lewis House Front Room 2A Lewis St Mordialloc

Convenor: Dorothy Reddaway

All welcome- beginners and experts!

22207: RUMMIKUB

Type: Long Course

Dates: 01/02/2022 - 26/11/2022

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

Location: Lewis House Front Room 2A Lewis St Mordialloc

Convenor: Doone GILLESPIE

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.

22208: 500 CARD GAME

Type: Long Course

Dates: 01/02/2022 - 22/11/2022

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

Location: Courthouse Room 2 37 Albert St Mordialloc

Convenor: Lou van Beveren

Come along and play a friendly game of 500.

22216: BACKGAMMON

Type: Long Course

Dates: 01/02/2022 - 22/11/2022

Frequency: Weekly Course, Tue 15:15 - 16:15

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.

22249: CARDS AND BOARD GAMES

Type: Long Course

Dates: 11/01/2022 - 29/11/2022

Frequency: Weekly Course, Tue 10:00 - 15:00

Location: Mentone Hub 29 Venice St Mentone

Convenor: Shirley Hooper

This group is a longstanding group who are joining our U3A. The group will not initially be open to other members until the group is reestablished. Canasta and Bolivia. Rummikub. An understanding of these games would be helpful but not essential. We meet every Tuesday throughout the year except for Public Holidays.

Bring your own lunch from 12.00pm to 1.00pm.

22327: MAH JONG Western

Type: Long Course

Dates: 02/02/2022 - 23/11/2022

Frequency: Weekly Course, Wed 10:45 - 12:45

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Dianne Semmel

A strategy game of both skill and luck played in a friendly environment. Beginners and more experienced players are more than welcome. All students are encouraged to obtain a copy of "The Mah-Jong Player's Companion" by Pamela A> Thompson and Betty Maloney.

22331: LAWN BOWLS Intermediate

Type: Long Course

Dates: 02/02/2022 - 22/06/2022

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

Location: Clayton Bowls Club 37A Springs Rd Clayton South

Convenor: David Leverett

For the intermediate player. Intermediate players will already know how enjoyable a game of bowls can be. Now you can improve your enjoyment by improving your skill level! Specific drills, training and tips from the world champion will help progress your bowls to the next level. Specifically, you will develop skills to play as lead, # 2, # 3 and as skipper of a team. By the end of the course you will confidently be able to play in a variety of positions at pennant level. Coaches and tutors. At Clayton Bowls Club you will be taught by a variety of highly experienced players including our coach, Ali Forsyth, who is the current World Champion. Ali has over 30 years' experience playing and coaching at the highest level. Ali has represented New Zealand in the Commonwealth Games (2018), won seven medals at the Asia Pacific Games, at national level won nine New Zealand titles, and is currently the World Fours Champion.

Flat soled shoes, casual clothes, raincoat, jumper and sunscreen. All equipment and coaching is supplied along with complimentary tea and coffee. Cost is \$20 per term.

22347: BOLIVIA (cards)

Type: Long Course

Dates: 02/02/2022 - 23/11/2022

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

Location: Courthouse Room 2 37 Albert St Mordialloc

Convenor: Seana HUNT

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.

22504: SOLO (WHIST)

Type: Long Course

Dates: 04/02/2022 - 25/11/2022

Frequency: Weekly Course, Fri 10:00 - 12:30

Location: Courthouse Room 2 37 Albert St Mordialloc

Convenor: Julie FLETCHER

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

22543: BRIDGE

Type: Long Course

Dates: 25/02/2022 - 25/11/2022

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Margaret WHEELER

This Bridge course is for those who are able to play Bridge. THIS COURSE WILL BEGIN ON FEB 5. THERE MAY BE SOME PLACES OPEN UP AFTER THIS FIRST SESSION. PLEASE ENROL SO WE CAN CONTACT YOU.

Bridge is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships. Experienced players are welcome to join.

We are seeking a Bridge Convenor to take a beginners class. Please contact the office if you would like to run this class. Day and time is by negotiation so that you don't miss your playing session.

Humanities

22120: BOOK DISCUSSION GROUP 2

Type: Long Course

Dates: 31/01/2022 - 26/11/2022

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

Location: Courthouse Room 2 37 Albert St Mordialloc

Convenor: Rosemary Miller

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 operate using Zoom when closed due to restrictions

22149: INTRODUCTION TO CRYPTIC CROSSWORDS

Type: Short Course

Dates: 02/05/2022 - 06/06/2022

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Sally Baker

In this six-session course we will analyse sets of cryptic clues and discover the range of word games they use. We will learn to read a cryptic clue with our curly thought-processes and apply what we find to cracking the code. Through this we will also gain insights into the history and structure of many of the words we use, and construct our own clues to challenge each other

THIS COURSE RUNS IN TERM 2

22150: HISTORY OF EVERYTHING

Type: Long Course

Dates: 31/01/2022 - 26/11/2022

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Natasha STROMMER

Important events, people and ideas- and some lesser known ones- in world history. THIS COURSE IS RUN BY TONY HAYDON AND NATASHA STROMMER

22151: SOCIAL STUDIES

Type: Zoom long

Dates: 31/01/2022 - 26/11/2022

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

Location: Zoom

Convenor: Noel Coxhead

THIS COURSE WILL RUN ON ZOOM UNTIL FURTHER NOTICE. 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 23 once face to face classes are possible. The first 23 people on the list will be the face to face class members.

Numbers are based on one person per 2 sq metres. As rules change so will numbers Face to Face

22152: WORDS GLORIOUS WORDS

Type: Short Course

Dates: 11/07/2022 - 19/09/2022

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Sally Baker

A course of ten weeks in which we look at words, where they come from, how they work, theories of the origin of speech and much more. The course will be a series of symposia, with discussion led by the members, rather than a lecture series. It will be equally effective and enjoyable by Zoom or in the flesh. Possible topics will include: Etymology; Alternative languages such as Slang, Jargon, Argot, Kant; Magic words; Wicked words; Word games; Frequentatives; Dialects and accents; Weird spelling; Borrowed words; Language pathologies; Language fads; Baby language. More of a ramble than a road map, this journey will be unpredictable and as much in your hands as mine

22202: THE BIBLE AS A HISTORY

Type: Long Course

Dates: 01/02/2022 - 22/11/2022

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Henk OVERBERG

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.

This course will run for 25 weeks during the year. Participants will be notified by the convenor of the dates. A Covid Marshall and a Technology Wrangler are required. Volunteer NOW and you are guaranteed entry into the class! There is a \$2 per member charge payable to the tutor to cover the cost of their photocopying.

22314: LET'S EXPLORE MELBOURNE - WEDNESDAY

Type: Long Course

Dates: 09/02/2022 - 09/11/2022

Frequency: Monthly, Wed 9:30 - 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.

22413: LET'S EXPLORE MELBOURNE - THURSDAY

Type: Long Course

Dates: 25/02/2022 - 25/11/2022

Frequency: Monthly, Fri 9:30 - 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.

22510: LET'S EXPLORE MELBOURNE - FRIDAY

Type: Long Course

Dates: 28/01/2022 - 25/11/2022

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

Languages

22453: FRENCH -READ AND THINK FRENCH

Type: Long Course

Dates: 03/02/2022 - 24/11/2022

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 TH

Mind Body Soul

22108: REIKI AND MEDITATION WORKSHOP

Type: Long Course

Dates: 31/01/2022 - 26/11/2022

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

Location: Courthouse Room 2 37 Albert St Mordialloc

Convenor: Sue Beck

THIS COURSE WILL RUN FACE TO FACE AND ON ZOOM, ALTERNATE WEEKS. Class Name: Reiki Practice. [Depending on Health guidelines for space] Maximum numbers face to face 12 and unlimited on zoom. This class is for anyone interested in practicing/experiencing Reiki healing energy. You do not need to have any prior experience the practice is guided. The past two years have been challenging for all of us, but the Reiki class has been an oasis of calm and renewal for us. Learn how to do this for yourself and others. Format: 1) Calming, protecting, and relaxing meditation. 2) Reiki practice on self and on partners (when face to face). 3) Grounding meditation.

Sue has 20 plus years as a Reiki Master and as a registered Spiritual Healer with Australian Spiritual Healers Assoc.

22357: DINE OUT

Type: Long Course

Dates: 16/02/2022 - 16/11/2022

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

Music

22305: Karaoke

Type: Long Course

Dates: 02/02/2022 - 23/11/2022

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

Location: Lewis House Front Room 2A Lewis St Mordialloc

Convenor: Linda Georgeson

Karaoke Do you love to sing? Are you looking for a new challenge? U3A are seeking expressions of interest in joining a Karaoke Group in Term 2 2021. This is NOT about seeing who can sing the best, or competing against each other; it's about having fun and challenging yourself. No judgement. The more you sing, the better you become and the more confidence you will gain in doing it. You can sing solo, duets or in groups; and we can have great fun singing along to songs together as a group. Start slow and grow. Learn where your strengths are and which songs suit your voice type and range. I am not a qualified music teacher or musician, I just love to sing and to be surrounded by like minded people. Together we can all learn and grow. Some of you may know me from the Still in the Pink Choir. I have been very active during the COVID lockdown, planning and running the weekly Zoom sessions in conjunction with my 3 pals Dawn Haslam, Sue Lamont and Lorraine Frederiksen. It's been great fun and will still be continuing. But it's time for some new challenges for me and a chance to share my passion with others.

22328: UKELELE - BEGINNERS

Type: Long Course

Dates: 02/02/2022 - 23/11/2022

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

Convenor: Sally Baker

A weekly class for beginner players. 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. ZOOM will be used as necessary

22329: UKELELE - CONTINUING

Type: Long Course

Dates: 02/02/2022 - 23/11/2022

Frequency: Weekly Course, Wed 1:00 - 14:30

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: Carolyn Coxhead

A weekly class for players who 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

A book is required to be purchased at a cost of \$15. ZOOM will be used as necessary

22423: CHOIR - STILL IN THE PINK

Type: Long Course

Dates: 03/02/2022 - 24/11/2022

Frequency: Weekly Course, Thu 14:45 - 16:30

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: Judy SULLIVAN

We are about having fun, singing to feel young. In a relaxed, fairly informal way. 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. For term 1, 2022, Still in the Pink will proceed with Zoom and occasional outdoor sessions until covid is more predictable.

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. For term 1, 2022, Still in the Pink will proceed with Zoom and occasional outdoor sessions until covid is more predictable.

ONLINE- ZOOM

22103: FRENCH - CONVERSATION

Type: Long Course

Dates: 31/01/2022 - 26/11/2022

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

Convenor: Catherine ADAM

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

22112: GARDENING

Type: Long Course

Dates: 31/01/2022 - 26/11/2022

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

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.

22121: BOOK DISCUSSION GROUP 1

Type: Long Course

Dates: 31/01/2022 - 26/11/2022

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

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.

22201: CRIMINOLOGY

Type: Long Course

Dates: 01/02/2022 - 22/11/2022

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

Convenor: David BAKER

THIS COURSE is running face to face and will return to zoom on necessary. MEMBERS WILL BE NOTIFIED OF ANY CHANGE. 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 BE SET ACCORDING TO COUNCIL GUIDELINES

22218: CURRENT AFFAIRS - DINGLEY

Type: Zoom long

Dates: 01/02/2022 - 22/11/2022

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 will run at Dingley Neighbourhood House when Covid conditions allow.

22252: FRENCH - BEYOND BEGINNERS

Type: Long Course

Dates: 01/02/2022 - 22/11/2022

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

Location: Lewis House Front Room 2A Lewis St Mordialloc

Convenor: Judy CORDEROY

This is a class for those with some knowledge of French. Learn and have fun in a relaxing atmosphere .

22311: FAMILY HISTORY/GENEALOGY

Type: Long Course

Dates: 02/02/2022 - 23/11/2022

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

Location: Zoom

Convenor: Jennifer DESLANDES

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 the first and third Wednesday of the month on Zoom. Where possible visits to place of interest will take place on either the second or fourth Wednesday of the month.

22354: ITALIAN - ABSOLUTE BEGINNERS

Type: Zoom long

Dates: 02/02/2022 - 23/11/2022

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

Location: Zoom

Convenor: Joanne Milana

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

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

22355: ITALIAN - POST BEGINNERS

Type: Zoom long

Dates: 02/02/2022 - 23/11/2022

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.

22356: ITALIAN CONVERSATION

Type: Zoom long

Dates: 02/02/2022 - 23/11/2022

Frequency: Weekly Course, Wed 12:00 - 13:00

Location: Zoom

Convenor: Joanne Milana

Come along and practise your Italian conversation skills. The first ½ hour is more suited to beginner level, whilst the second ½ hour is more suited to intermediate level.

22361: ITALIAN -INTERMEDIATE

Type: Zoom long

Dates: 02/02/2022 - 23/11/2022

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.

22362: ITALIAN - CONTINUING BEGINNERS

Type: Zoom long

Dates: 02/02/2022 - 23/11/2022

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

Location: Zoom

Convenor: Felicity WIGG

This is a new class for those members who have a basic knowledge of Italian. There are no plans to run this class face to face. It is a zoom only course.

22401: SPANISH LANGUAGE & CULTURE

Type: Zoom long

Dates: 03/02/2022 - 24/11/2022

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

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 will operate using Zoom if necessary.

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

22402: ZOOM -PHOTOGRAPHY FUNDAMENTALS

Type: Long Course

Dates: 03/02/2022 - 24/11/2022

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Robert SINCLAIR

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. When in house, classes will be held every second week. The alternate weeks being held for excursions and practice. You will be notified on venues.

22435: ZOOM DIGITAL PHOTOGRAPHY- ADVANCED

Type: Zoom long

Dates: 03/02/2022 - 24/11/2022

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

Location: Zoom

Convenor: Hilary HARWOOD

Using more complex digital cameras. Regular outings and image evaluation with classroom sessions of a more practical and advanced nature. 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 sessions will be held on the 1st and 3rd Thursdays of the month, instead of zoom, when covid restrictions allow more members to attend.

Completion of the Photography Fundamentals course is a pre-requisite. You will be to be on a waiting list and will be notified of acceptance into this course

22506: WRITING FOR PLEASURE

Type: Long Course

Dates: 04/02/2022 - 25/11/2022

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

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 is an email baed class with the addition of a weekly Zoom class or face-to-faceclass, depending on class preferences.

22517: CURRENT AFFAIRS - MORDIALLOC

Type: Zoom long

Dates: 04/02/2022 - 25/11/2022

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

PARTNERSHIPS

22458: TAI Chi with CBCHS

Type: Long Course

Dates: 03/02/2022 - 24/11/2022

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

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: Melanie Ades

Tai Chi is a form of martial art using relaxed, gentle movement. It can be an effective healing tool for a range of disorders including anxiety, arthritis, diabetes, fatigue and heart disease. Tai Chi can also prevent falls by improving mobility, strength, flexibility, posture and balance. During our weekly Tai Chi classes, participants learn a series of twelve basic movements over time. The program allows participants to work at their own pace. Class runs for two terms \$50 U3A membership is required. This allows you to participate in all U3A classes. Please be aware that some classes have a waiting list. There is a \$50 upfront fee payable to CBCHS for the second term

This class is run in conjunction with Central Bayside Community Health Service. A Physiotherapy assessment is required before commencing any CBCHS group. PCBCHS group activities are available to our members, with priority access is given to Health Care and Pension Card holders. Anyone choosing this class will be waitlisted and admitted to the class with approval from the convenor. If you are not a client of CBCHS please contact them on 8587 0200. Ask for an appointment with the Physio for a referral to the group. There is a \$50 upfront fee payable to CBCHS for the second term

22460: Strength Training with CBCHS

Type: Long Course

Dates: 03/02/2022 - 24/11/2022

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

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: Melanie Ades

Strength training can help improve overall fitness, balance, flexibility, coordination and posture. It can also be effective in managing conditions such as anxiety, arthritis, stress and fatigue. Our strength training programs involves a circuit of exercises using light weights and equipment and is suitable for people wanting to increase muscle mass, improve balance and prevent falls Class runs for two terms \$50 U3A membership is required. This allows you to participate in all U3A classes. Please be aware that some classes have a waiting list. There is a \$50 upfront fee payable to CBCHS for the second term

This class is run in conjunction with Central Bayside Community Health Service. A Physiotherapy assessment is required before commencing any CBCHS group. PCBCHS group activities are available to our members, with priority access is given to Health Care and Pension Card holders. Anyone choosing this class will be waitlisted and admitted to the class with approval from the convenor. If you are not a client of CBCHS please contact them on 8587 0200. Ask for an appointment with the Physio for a referral to the group. There is a \$50 upfront fee payable to CBCHS for the second term

Volunteer

220JOIN: Joining U3A without a joining a class

Type: None

Dates: 01/01/2022 - 31/12/2022

Frequency: None, Sat 0:00 - 0:00

Location: None

Convenor: Anne GRIGG

This course is designed to produce an invoice for those members who havent yet chosen a class to attend.

220COMM: Committee

Type: Long Course

Dates: 01/01/2022 - 31/12/2022

Frequency: Weekly Course, Sat 0:00 - 0:00

Location: None

Convenor: Randy Marshall

Each U3A has a committee who volunteer to manage our classes, our buildings, our technology, our publicity, our finances etc. The committee is elected each year (in Term 1) for one year. Interested? Then please join this team and Randy, our President, will be in touch

220OFF: OFFICE VOLUNTEER TEAM

Type: None

Dates: 01/01/2022 - 31/12/2022

Frequency: Monthly, Sat 0:00 - 0:00

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Dianne Semmel

Our Office is staffed daily by volunteers for a 4 hour shift from 9.15 am to 1.00pm Volunteers are able to nominate how often they staff the office from weekly; fortnightly to perhaps twice a term. Duties include: answering member inquiries both in person and on the phone; photocopying for tutors; general organisation; enrolling new members online. A training session and afternoon tea will run on January 27th at 2.00pm. Volunteers who volunteer for 2 shifts per term will be eligible for early enrolment. That is access to our most popular courses.

Computer skills help and support/training will be provided.

220TECH: Tech Support

Type: None

Dates: 01/01/2022 - 31/12/2022

Frequency: None, Sat 0:00 - 0:00

Location: None

Convenor: Noel WILLIAMS

Interested in any form of media? We need help with any of these tasks: IT - both hardware and software The Mercury- compiling/editing our newsletter The Mercury UMAS - our member management system These are tasks for a number of people who we would like to be a team to provide support. We like to have committee members lead these tasks and we know that help is needed! Training is provided.

Having some skills in the use of computers either hardware or software is essential AND a willingness to learn more.
