



THE UNIVERSITY OF THE THIRD AGE

U3A Kingston Inc.

2023 Courses

27 November 2022

U3A Kingston Inc. Contact Details

P.O.BOX 5123

Mordialloc, Victoria, 3195

37 Albert St, Mordialloc

Phone: 03 9580 8328

General Email contact: u3akingstonoffice@gmail.com

Courses Email contact: u3akingstoncourses@gmail.com

Volunteer Email contact: u3akingstonoffice@gmail.com

Web: <https://www.u3akingston.org.au>

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Art

23232: MARQUETRY

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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)

23233: PAINTING+DRAWING - VARIETY OF TECHNIQUES

Type: Long Course

Dates: 31/01/2023 - 29/11/2023

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

Location: Dingley Neighbourhood House 31 Marcus Rd Dingley

Convenor: Jackie McGUIRE

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.

23234: PAINTING+ DRAWING -VARIETY OF TECHNIQUES

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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

Location: Dingley Neighbourhood House 31 Marcus Rd Dingley

Convenor: Jackie McGUIRE

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.

23332: FREEHAND DRAWING + WATERCOLOUR PAINTING

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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.

23436: PAINTING+ DRAWING- VARIETY OF TECHNIQUES

Type: Long Course

Dates: 02/02/2023 - 29/11/2023

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

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.

23437: PAINTING+DRAWING -VARIETY OF TECHNIQUES

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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.

Distance courses

23151: KINGSTON KEYNOTERS (formerly Social Stud

Type: Zoom long

Dates: 30/01/2023 - 27/11/2023

Frequency: Weekly Course, Mon 10:15 - 12:00

Location: Zoom

Convenor: Noel Coxhead

THIS COURSE WILL RUN ON ZOOM AS A A DISTANCE COURSE OPEN TO FULL AND TO DISTANCE MEMBERS. Currently it is planned for Term 1 only AND IS LOOKING FOR A NEW CONVENOR. INTERESTED IN RUNNING IT??? PLEASE LET US KNOW 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. The class is notified regularly about who will be presenting as this changes.

Exercise

23109: LINE DANCING

Type: Long Course

Dates: 30/01/2023 - 27/11/2023

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

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: Suzanne Lau Goey

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. Internet access and watching videos are an advantage for learning. The course is waitlisted so members will be notified to confirm place.

Closed toe shoes and appropriate clothing are a condition for safe participation. If members have an underlying health condition that may affect their dancing, please feel free to discuss this privately with the convenor. She may be able to make modifications, if possible.

23113: WALKING FOR FUN AND FITNESS

Type: Long Course

Dates: 30/01/2023 - 27/11/2023

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.

23124: TABLE TENNIS - MONDAY

Type: Long Course

Dates: 09/01/2023 - 18/12/2023

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

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: David Raynor

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

23239: Tai Chi/Qigon Level 2 Continuing class

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: Coralie CROCKER

Continuing from 2022. Learning more advanced Qigong and Tai Chi movements. Program: Tai Chi for Arthritis Section II (Sun style). Tai Chi Wand and Tai Chi Qigong Shi Ba Shi II. There is a charge of \$5.00 per session to be paid directly to the tutor.

New enrolments will need to have had previous experience learning Tai Chi. Suitable footwear and clothing are a condition of participation.

23246: TAI CHI/QIGONG LEVEL 1

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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

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 run with an enrolment of 10. Maximum number 30.

23325: TABLE TENNIS - WEDNESDAY

Type: Long Course

Dates: 04/01/2023 - 20/12/2023

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

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: Velma OLIVER

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

23330: LAWN BOWLS INTRODUCTORY LEVEL

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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.

23338: EXERCISE TO MUSIC

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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.

23532: FUN, FOOD and FITNESS

Type: Long Course

Dates: 24/02/2023 - 24/11/2023

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

23544: TABLE TENNIS - FRIDAY

Type: Long Course

Dates: 06/01/2023 - 29/12/2023

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

Location: Allan McLean Hall 37 Albert St Mordialloc

Convenor: Andrea Barber

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

23558: PICKLEBALL Term-1 10AM

Type: Long Course

Dates: 03/02/2023 - 31/03/2023

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

Location: Springers 400 Cheltenham Rd Keysborough

Convenor: Margaret MCDONALD

Fee: \$25.00

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.

“Springers Leisure Centre, 400 Cheltenham Road, Keysborough There is a charge of \$25 per term for this class to be paid on enrolment. Please use your 'Member Number' as the 'reference' on your payment. Tuition is available for beginners. All equipment supplied. Rubber-soled shoes are essential.”

23559: PICKLEBALL Term-1 11 AM

Type: Long Course

Dates: 03/02/2023 - 31/03/2023

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

Location: Springers 400 Cheltenham Rd Keysborough

Convenor: Margaret MCDONALD

Fee: \$25.00

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

“Springers Leisure Centre, 400 Cheltenham Road, Keysborough There is a charge of \$25 per term for this class to be paid on enrolment. Please use your 'Member Number' as the 'reference' on your payment. Tuition is available for beginners. All equipment supplied. Rubber-soled shoes are essential.”

Games

23148: SCRABBLE

Type: Long Course

Dates: 30/01/2023 - 27/11/2023

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!

23207: RUMMIKUB

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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.

23208: 500 CARD GAME

Type: Long Course

Dates: 31/01/2023 - 21/11/2023

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.

Ability to shuffle and deal cards

23249: CARDS AND BOARD GAMES

Type: Long Course

Dates: 10/01/2023 - 28/11/2023

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

Location: Mentone Hub 29 Venice St Mentone

Convenor: Heather Moore

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

23327: MAH JONG Western

Type: Long Course

Dates: 18/01/2023 - 22/11/2023

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Dianne Semmel

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

23347: BOLIVIA (cards)

Type: Long Course

Dates: 01/02/2023 - 22/11/2023

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.

23460: Cards and Games- Social Turkish

Type: Long Course

Dates: 02/02/2023 - 23/11/2023

Frequency: Weekly Course, Thu 11:00 - 16:00

Location: Mentone Hub 29 Venice St Mentone

Convenor: None

Cards and Boardgames – Social Turkish group This group is a Turkish Seniors Social Group. New members are welcome! A variety of cards and boardgames are played. Gin Rummy is very popular.

23504: SOLO (WHIST)

Type: Long Course

Dates: 03/02/2023 - 01/12/2023

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

Location: Courthouse Room 2 37 Albert St Mordialloc

Convenor: Julie FLETCHER

Solo (Whist) is a trick taking card game with trumps and bidding. Every hand is different which makes it exciting and challenging and fun. Experienced players, inexperienced players, and beginners are welcome to join. However, an understanding of card games is an advantage. Before enrolling, inexperienced players & beginners are invited to contact Julie, (the convenor) on 0408 143 356 to discuss if Solo (Whist) is the game for them.

Beginners are invited to contact the convenor on 0408 143 356 to discuss if Solo (Whist) is the game for you.

23543: BRIDGE

Type: Long Course

Dates: 03/02/2023 - 24/11/2023

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 3rd. 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

23112: GARDENING

Type: Long Course

Dates: 20/02/2023 - 27/11/2023

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.

23120: BOOK DISCUSSION GROUP 2

Type: Long Course

Dates: 27/02/2023 - 27/11/2023

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

Location: Courthouse Room 2 37 Albert St Mordialloc

Convenor: Ivy STEELE

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.

23121: BOOK DISCUSSION GROUP 1

Type: Long Course

Dates: 27/02/2023 - 27/11/2023

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.

23150: HISTORY OF EVERYTHING

Type: Long Course

Dates: 30/01/2023 - 27/11/2023

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

23201: CRIMINOLOGY

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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 ion 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.

23202: CITIES OF ISLAM

Type: Long Course

Dates: 07/02/2023 - 28/11/2023

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Henk OVERBERG

Those of us who have travelled in countries where Islam is the dominant way of life, will have been charmed by cities in the region, so picturesque and teeming with life, and so different from cities that we have been used to. In this course I would like us to do three things. First, I want us to examine some of the distinguishing features of the Islamic city in some detail. Our point of departure will be Islam, not so much as a religion, but as a world view, which influences every aspect of peoples' lives down to the very shape of the cities which Muslims have constructed for themselves. Second, we will visit some typical cities of Islam, from Morocco to Uzbekistan and beyond. Third, we will examine why the survival of the Islamic city is under threat in modern post-industrial conditions.

There is a \$2 per member charge payable to the tutor to cover the cost of their photocopying. This course runs for 20 weeks during the year. There will be a break in the middle of the year. Convenor to update you in class

23310: WRITING A NOVEL OR MEMOIR IN RETIREMENT

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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

Location: Courthouse Room 2 37 Albert St Mordialloc

Convenor: Norm Beck

For those who are attempting to write a Novel or Memoir and for those wishing to start. A small friendly group with the aim to assist interested participants complete their projects. There will be some lectures at the start to give background around Plot, Setting and Characters and how to turn your story into a novel or memoir. Given the nature of conversations, the course must be limited to a maximum of six. Meetings are in Courthouse 2 Wednesday 10 to 12.

23311: FAMILY HISTORY DISCUSSION GROUP

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

Convenor: Jennifer DESLANDES

Are you interested in finding information about your ancestors? We are a peer managed group and our objective is to assist and support members, as they work through their genealogy and family histories. All are welcome, however, some prior experience in researching family history would be beneficial. Our sessions include online tutorials, presentations, problem solving and discussions. We have a small internal library of genealogy/Family History books, magazines and CD's. Come and join our like-minded group.

The group will meet from 10a.m. to 12 noon on the first Wednesday of the month in Lewis House, Mordialloc and on the third Wednesday of the month on Zoom. Where possible visits to places of interest, such as the State Library, Public Record Office and cemeteries, will take place on either the second or fourth Wednesday of the month.

23314: LET'S EXPLORE MELBOURNE - WEDNESDAY

Type: Long Course

Dates: 08/02/2023 - 08/11/2023

Frequency: Monthly, Wed 9:15 - 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 9.15.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.

23402: PHOTOGRAPHY FUNDAMENTALS

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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.

Face to face on 2nd, 4th and 5th (if month has one) Thursdays of a month. 1st and 3rd Thursday will be an arranged practice outing with specific themes set to reinforce theory and get attendants to know the functions of their camera. Photos taken will be reviewed at face to face classes.

23413: LET'S EXPLORE MELBOURNE - THURSDAY

Type: Long Course

Dates: 23/02/2023 - 23/11/2023

Frequency: Monthly, Thu 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.

23414: LETS EXPLORE MELB - THURSDAY, GROUP 2

Type: Long Course

Dates: 09/02/2023 - 09/11/2023

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

Location: None

Convenor: Sally Baker

Discover the hidden secrets of our fabulous city, visit places you've always meant to go to. Be at the Mordialloc station by 9.15.a.m. on the 1st 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 join us for lunch 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.

23435: DIGITAL PHOTOGRAPHY- ADVANCED

Type: Long Course

Dates: 02/02/2023 - 16/11/2023

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

Location: Courthouse Room 1 37 Albert St Mordialloc

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,

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

23464: FILM GROUP

Type: Long Course

Dates: 20/02/2023 - 20/11/2023

Frequency: Monthly, Mon 13:00 - 14:00

Location: None

Convenor: Judy CORDEROY

This group of about 12 will meet off campus in a cafe to be determined on the 3rd Monday of eah month at 1.00pm Each month a different member will choose a film on general release for all to see in their own time before the next meeting. There we will have a chat, some refreshments and discuss the film and make new friends.

23506: WRITING FOR PLEASURE

Type: Long Course

Dates: 03/02/2023 - 01/12/2023

Frequency: Weekly Course, Fri 9:00 - 11:00

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.

We aim to write weekly and then exchange our writing by email. We support this with a weekly meeting, mainly on Zoom, but with some face-to-face gatherings as well.

23517: CURRENT AFFAIRS - MORDIALLOC

Type: Long Course

Dates: 03/02/2023 - 01/12/2023

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: John WATTS

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 IS TRAILING A HYBRID FORMAT RUNNING BOTH VIA ZOOM AND FACE TO FACE

Languages

23103: FRENCH - CONVERSATION

Type: Long Course

Dates: 06/02/2023 - 06/11/2023

Frequency: Monthly, Mon 10:00 - 11:30

Location: Courthouse Room 1 37 Albert 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!

23346: ITALIAN NEW BEGINNERS

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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

Location: Zoom

Convenor: Felicity WIGG

This class is for those who have not learned any Italian previously.

23354: ITALIAN - ABSOLUTE BEGINNERS

Type: Zoom long

Dates: 01/02/2023 - 29/11/2023

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

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.

23355: ITALIAN - POST BEGINNERS

Type: Zoom long

Dates: 01/02/2023 - 29/11/2023

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

Location: Zoom

Convenor: Joanne Milana

For those who have some knowledge of the Italian language or have completed the Italian-Continuing Beginners level

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

23361: ITALIAN INTERMEDIATE

Type: Zoom long

Dates: 01/02/2023 - 29/11/2023

Frequency: Weekly Course, Wed 12:30 - 13:45

Location: Zoom

Convenor: Joanne Milana

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.

23362: ITALIAN - CONTINUING BEGINNERS

Type: Zoom long

Dates: 01/02/2023 - 29/11/2023

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.

23453: LATIN DEMYSTIFIED

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

Convenor: Tony HAYDON

Far from a dead language, Latin lives on in more than half of English and even more of Romance languages like Italian, Spanish and French. Whether you "did a bit at school" or are a beginner in the language, you can acquire an acquaintance with this "universal language of Western civilisation"

Mind Body Soul

23108: REIKI Practice

Type: Long Course

Dates: 06/02/2023 - 06/11/2023

Frequency: Monthly, Mon 13:30 - 15:00

Location: Courthouse Room 2 37 Albert St Mordialloc

Convenor: John Morrison

THIS COURSE WILL RUN FACE TO FACE. 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. 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.

23357: DINE OUT

Type: Long Course

Dates: 15/02/2023 - 15/11/2023

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

Location: None

Convenor: Lynne DALEY

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. IT IS MOST IMPORTANT that you notify Lynne whether or not you will be attending, so that numbers can be confirmed with the restaurant.

Due to post Covid conditions at this stage, most restaurants are not splitting the bill. To make it easier could you make sure you have smaller notes and or coin to pay your portion of the itemised bill.

23360: ORGANISATION SKILLS FOR SENIORS

Type: Short Course

Dates: 01/02/2023 - 22/02/2023

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

Location: Lewis House Front Room 2A Lewis St Mordialloc

Convenor: Peter Scott

This short program is designed to provide participants with help in managing their day-to-day tasks, activities, communications and filing of information. We will cover some simple processes to help you do this more effectively. The payoffs would be less stress, a feeling of being 'in control' and improved self-esteem. Have you ever... Felt FRUSTRATED at not getting all the things done that you planned for the day, FORGOTTEN to do something important, Wanted some INFORMATION you know you have somewhere but can't find it when you need it. or Felt OVERWHELMED in keeping up with everything that's happening in your life. If so, then you should find this program a game changer. It is run over 4 weeks with a 1 hour session each week. We will introduce some simple techniques each week which you can use to help in all the areas noted above. Plus, we will review the previous weeks ideas and how they have worked for you. Our goal will be for you to complete the program with at least some of the following: Simple, easy-to-apply processes that you can use IMMEDIATELY New skills that will reward you with significant benefits – EVERY DAY Less STRESS & frustration in handling the daily challenge of getting things done CONFIDENCE in your ability to handle your current workload – and take on more! Improved self-esteem from a feeling of BEING IN CONTROL

What you will need to bring. Bring along whatever tools you use now to manage your day, whether that is your phone, laptop, tablet, or just a simple paper diary. The emphasis will be on the processes for improved effectiveness NOT the tools. Week 1 – Winning the day! How to maximise your chances of achieving all you want from each day. Week 2 – Clearing the clutter! Whether it be physical or mental clutter – or both! Week 3 – Keeping focused. How to make sure you're doing the 'right' things – for you! Week 4 – Bringing it all together. Ensuring your on-going success.

Music

23305: KARAOKE

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

Frequency: Weekly Course, Wed 13:00 - 14:30

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.

23328: UKELELE EXTENSION

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

Frequency: Weekly Course, Wed 13:00 - 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.

A book is required to be purchased at a cost of \$37

23329: UKELELE - Back to Basics

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

Frequency: Weekly Course, Wed 14:30 - 16:00

Location: Lewis House Main Room 2A Lewis St Mordialloc

Convenor: Sally Baker

A small class for aspiring ukulele players. This is the place to reinforce your skills and learn new chords and strumming patterns in a supportive and musical space.

You will need a ukulele and a display book to keep the handouts of information. We will discuss other requirements at the first class on Wednesday 1 February 2023 at 2.30 at Lewis House."

23363: HARMONICA FOR BEGINNERS

Type: Long Course

Dates: 02/02/2023 - 06/04/2023

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

Location: Lewis House Main Room 2A Lewis St Mordialloc

Convenor: Ken Spencer

Stage 1 First position I've had a lot of fun making music with my harmonica over the past 40 years. It's a fabulous little instrument that you can play many simple melodies and if you desire can lead on to playing improvisations with other instruments. I always take my harmonica when travelling overseas and have derived great pleasure jamming with others. You don't need to read music for the lessons.

A good quality a diatonic harmonica. I recommend a Lee Oskar C major or a Hohner Special 20 C Major. Priced around \$50-70. The course will run for Term 1 but if there is sufficient interest, I will continue into term 2. *Term 2 will have more complex melodies and introduce Position 2 playing, essential for improvisational blues.

23423: CHOIR - STILL IN THE PINK

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Linda Georgeson

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.

23545: MUSIC APPRECIATION

Type: Long Course

Dates: 03/02/2023 - 01/12/2023

Frequency: Weekly Course, Fri 15:15 - 17:15

Location: Courthouse Room 1 37 Albert St Mordialloc

Convenor: Dawn HASLAM

A gathering of like minded music lovers who explore different genres of music and share. If you have a particular music passion please come along and join us for our musical soirée Friday afternoons

ONLINE- ZOOM

23218: CURRENT AFFAIRS

Type: Zoom long

Dates: 31/01/2023 - 28/11/2023

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 trialling a hybrid version -

Volunteer

2300COMM: Committee - interested?

Type: Long Course

Dates: 30/01/2023 - 20/11/2023

Frequency: Weekly Course, Mon 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

2300JOIN: Joining U3A without a joining a class

Type: None

Dates: 30/01/2023 - 20/11/2023

Frequency: None, Mon 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.

2300OFF: OFFICE VOLUNTEER TEAM

Type: None

Dates: 30/01/2023 - 20/11/2023

Frequency: Monthly, Mon 0:00 - 0:00

Location: OFFICE 37 Albert St Mordialloc

Convenor: Dianne Semmel

Our Office is staffed daily by volunteers from 9.15am to 12.30pm. Volunteers are able to nominate how often they staff the office for this time, 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 will run on January 24th and also the 25th at 1.00pm. Volunteers who volunteer for 2 shifts per term will be eligible for early enrolment which provides access to our most popular courses.

Computer skills help and support/training will be provided. You will be contacted about your preferred volunteering days.
