



NUNAWADING
UNIVERSITY OF THE THIRD AGE

2018 Course Guide

Including Summer School

Nunawading Community Centre Locations 16 Silver Grove, Nunawading

Room 3: Ground Floor
Rooms 5: Upstairs
Room 8: Ground Floor
Room 9: Upstairs
Multi-Purpose Room (MPR): Ground Floor
Namatjira Room: Ground Floor
Plato Room: Ground Floor
Stadium: Ground Floor

Other Silver Grove Locations

Anglers Club: 4 Silver Grove, Nunawading
Building 14: 14 Silver Grove, Nunawading
Seniors Hall: 22 Silver Grove, Nunawading
Seniors Meeting Room: 22 Silver Grove,
Nunawading
Jaycees Hall: 12 Silver Grove, Nunawading

Outside Locations

Computer Centre:

1st Floor, 79 Mahoneys Rd, Forest Hill
Conference Room:
1st Floor, 79 Mahoneys Rd, Forest Hill

Activity Centre (formerly Coronella)

Advent Retirement Village,
2A Laughlin Ave, Nunawading

Kilsyth Sports Stadium: 115 Liverpool Rd,
Kilsyth

Blackburn Bowls Club: 62 Pakenham St,
Blackburn South

Morack Public Golf Course: Morack & East
Roads, Vermont South

Eley Park Community Centre, Eley Rd,
Blackburn South

Regis Aged Care, 40 Central Rd, Blackburn
(Rosella Room)

U3A Nunawading Inc.
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Telephone (03) 9878 3898
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Nunawading Vic. 3131
www.u3anunawading.com.au

HOW TO JOIN AS A NEW MEMBER OR RE-ENROL AS AN EXISTING MEMBER FOR 2018

From Monday 27 November 2017, there are three ways to enrol for next year:

1. **Enrol & Pay Online at our website** (www.u3anunawading.com.au) You can join as a new member or re-new your membership, select Courses, update your Member Details including Emergency Details and pay, using either your PayPal account or PayPal with your credit card.
2. **Enrol Online & Pay at U3A Silver Grove Office** Once you have completed all Membership Details and Course selections online, print out two copies of the Tax Invoice and bring these into the U3A Silver Grove Office where you can pay by EFTPOS (our preferred method), cheque made out to U3A Nunawading Inc. or cash (correct money would be appreciated).
3. **Enrol at U3A Silver Grove Office** Complete a **2018 New Member Enrolment form or Re-enrolment form** and pay by EFTPOS (our preferred method), cheque made out to U3A Nunawading Inc. or cash (correct money would be appreciated). *If you are already a member of U3A Nunawading, please ensure that you include your Member Number on the Re-enrolment form.*

General Information

- U3A Nunawading Inc. is governed by its Constitution, which is applicable to all members. Copies are available from the Silver Grove office and our website.
- The organisation is run entirely by volunteers. If you wish to volunteer your time or expertise, please select the appropriate 18AAVOL code at the beginning of the Course Guide. You will be contacted by a member of the Committee to discuss volunteering opportunities.
- New Member Application forms and Re-enrolment forms can be downloaded from our website (www.u3anunawading.com.au) or collected from the office.
- **The annual Membership fee for 2018 is \$75.** This fee enables you to attend classes with no additional payment unless specifically noted in the Course Guide.
- Whilst we would like to accept every member into the courses of their choice, this is not always possible due to demand. If you are placed on a waitlist you will be contacted should a vacancy occur. **Please do not attend a class unless you have received confirmation that you have been accepted into that class.**
- You are requested to tender an apology if you are unable to attend a class. This can be done by emailing admin@u3anunawading.org.au or phoning the office on **9878 3898**.
- Some facilities we use may not permit easy access for those with mobility issues. Please note that there is no lift for upstairs rooms.
- Members are solely responsible for their own level of participation in any exercise class or activity. Some exercise classes require participants to complete a Health Assessment Form, which is available from the office.
- To become a member of U3A Nunawading, Inc. you need to accept the Terms and Conditions of the organisation. Please ensure you either tick the appropriate box if enrolling online or using a printed Enrolment form.
- The personal details you provide are used for internal purposes only. Please refer to the Privacy Policy Statement on our website for further information.
- The Committee of Management advises that the material presented in Courses is at the discretion of the Class Leader and does not necessarily reflect the views of U3A Nunawading Inc.

Committee of Management
U3A Nunawading Inc.

CONTENTS

HOW TO ENROL.....	2
18AAVOL: OFFER TO VOLUNTEER.....	3
18ART: ART.....	4
18CRA: CRAFT.....	5
18DAN: DANCE.....	6
18EXE: EXERCISE.....	8
18EXER: EXERCISE RESTRICTED.....	9
18EXEM: EXERCISE, MOVEMENT & MEDITATION.....	9
18EXEMR: EXERCISE MOVEMENT & MEDITATION RESTRICTED.....	11
18EXES: EXERCISE SPORT.....	12
18GAM: GAMES.....	12
18HIS: HISTORY.....	13
18HUM: HUMANITIES.....	14
18HUMR: HUMANITIES RESTRICTED.....	16
18LAN: LANGUAGES.....	17
18MUS: MUSIC.....	22
18SCI: SCIENCE.....	23
18SS: SUMMER SCHOOL.....	23

18AAVOL: VOLUNTEER AT U3A

18AAVOL1 VOLUNTEER FOR COMMITTEE

5 February to 23 November

U3A Nunawading is run by its Committee of Management which meets monthly. Select this code if you are interested in Volunteering for the Committee and we will contact you to discuss further. Note: this selection is not counted in the maximum number of courses you can enrol in.

18AAVOL2 VOLUNTEER TO HELP IN OFFICE

5 February to 23 November

The Front Office is staffed by two volunteers in the morning and two in the afternoon. Select this code if you are interested in volunteering to help in the office, once or twice a month and we will contact you to discuss further. Note: This selection is not counted in the maximum number of courses you can enrol in.

18AAVOL3 VOLUNTEER FOR SOCIAL COMMITTEE

5 February to 23 November

If you wish to volunteer for the Social Committee. Select this code and we will contact you to discuss further. Note: this selection is not counted in the maximum number of courses you can enrol in.

18AAVOL4 VOLUNTEER TO LEAD A COURSE

5 February to 23 November

All of our Class Leaders are Volunteers who share their knowledge and skills. You do not need to be a trained Teacher. If you wish to volunteer to Lead a Course please select this code and we will contact you to discuss further. Note: this selection is not counted in the maximum number of courses you can enrol in.

18AAVOL5 VOLUNTEER TO HELP WITH PUBLICITY

5 February to 23 November

The Communications and Publicity Committee is responsible for our newsletter, website and participation in Community events. If you wish to volunteer to help with Publicity please select this code and we will contact you to discuss further. Note: this selection is not counted in the maximum number of courses you can enrol in.

18ART: ART

18ART001 ART HISTORY & APPRECIATION 1

5 February to 19 November

Location: MPR. The class is a self-help group studying the development of visual arts through the ages. Members are expected to be involved in presenting topics and attending visits to Art Exhibitions at City, Local, and Regional Galleries.

Barbara Sommers

Weekly Course, Mon 11:00-12:30

18ART003 ART HISTORY & APPRECIATION 2

9 February to 23 November

Location: MPR. This class is a self-help group studying the development of visual arts through the ages. Members are expected to be involved in presenting topics and attending visits to Art Exhibitions at City, Local and Regional Galleries.

Andrew Lockwood

Weekly Course, Fri 9:30-10:45

18ART005 COLOURING FOR RELAXATION

7 February to 21 November

Location: Building 14. Beginners and experienced alike can come together and colour images while they relax and enjoy the experience. Guidance will be given on choosing a colouring medium, the right type of paper, where to find appropriate images, selecting colours, shading, light source etc. What to do with your completed creations? No stress, just work at your own pace. Materials will be discussed at the first class.

Linda Parisi

Weekly Course, Wed 9:15-10:30

18ART006 CHINESE CALLIGRAPHY

17 April – 8 May

Location: Seniors' Meeting Room. This is a 4-session introductory course into Chinese Calligraphy. The focus is on the techniques of using the Chinese brush, the composition of the Chinese characters and the layout of a Calligraphic work. The compulsory material for the course includes the ink stone, the ink, two Chinese brushes, and 16 pieces of Chinese Calligraphic paper at \$30, payable to the course leader at the first session. **Terms 2 & 4 only**

Patrick Kan

Weekly Course, Tue 2.45-4:00

18ART007 DRAWING AND PAINTING

6 February to 20 November

Location: Namatjira. This is not a course for the beginner. This is a self-help course with all members sharing skills. All mediums (except oils).

Naomi Aitchison

Weekly Course, Tue 1:30-3:00

18ART009 DRAWING WITH COLOURED PENCILS

7 February to 21 November

Location: Room 9. Explore the basic techniques of using coloured pencils to create or add to your art work. In addition we will explore the creative possibilities of combining other media with the pencils. For new students materials will be discussed at the first class. For continuing students there will be still more to learn.

Naomi Aitchison

Weekly Course, Wed 9:30-11:30

18ART011 DRAWING AND SKETCHING 1

8 February to 22 November

Location: MPR. Learn to draw and understand basic composition, perspective, contour, line and tone. Relaxed and informative.

Paul Makinson

Weekly Course, Thu 11:15-12:45

18ART013 DRAWING AND SKETCHING 2

8 February to 22 November

Location: MPR. Learn to draw and understand basic composition, perspective, contour, line and tone. Relaxed and informative.

David Blain

Weekly Course, Thu 1:00-2:30

18ART015 DRAWING WITH PASTELS

8 February to 22 November

Location: Namatjira. This course is about pastel application and is suitable for new students or students who are still learning, or people who just wish to come along and spend time doing their own thing.

Joan-Maree Symons

Weekly Course, Thu 2:30-4:00

18ART017 DRAWING WITH PEN AND INK

5 February to 19 November

Location: Room 5. Explore the medium of Pen and Ink. The format of the class aims to deliver an 'open' style of Art Workshop. Beginners and Experienced Members are welcome. Requirements: pen and paper. More details at first class. This is a self-help group.

Leonie Scott

Weekly Course, Mon 9:15-10:30

18ART019 PHOTOGRAPHY AS A HOBBY**5 February to 19 November**

Location: Room 5. For anyone who has a digital camera and is interested in learning how to use it better. Sessions will include basic use of your camera, composing photos, editing and minor enhancements. The willingness to do simple homework with your camera is essential.

Archie Kaan**Weekly Course, Mon 2:45-4:00****18ART021 TONAL DRAWING****7 February to 21 November**

Location: Namatjira. Includes basic drawing techniques using graphite pencils, with a focus on developing skills using various artistic content.

Ulanda Kondoyiannis**Weekly Course, Wed 9:30-11:00****18ART023 WATERCOLOUR 1****5 February to 19 November**

Location: Room 5. This is not a course for beginners. This is a self-help course with all members sharing skills.

Col Glendinning**Weekly Course, Mon 12:30-2:30****18ART025 WATERCOLOUR 2****7 February to 21 November**

Location: Namatjira. This is a course for those wishing to develop basic water colour skill sets. Extensive use will be made of professional video tutorials. As the year progresses students will be encouraged to widen their water colour techniques. Students should note that enrolling in this course does entail a substantial outlay – brushes, paints, paper, etc. A typical starter kit involves an investment of \$150 - \$200.

Tony Tossel**Weekly Course, Wed 1:15-3:15****18CRA: CRAFT****18CRA001 CARD MAKING****7 February to 21 November**

Location: Building 14. This is an opportunity to make greeting cards for those very special occasions. This is a self-help course with participants sharing ideas and skills. Attendees will need to bring their own resources and equipment, this will be discussed at the first class.

Cynthia Rees**Weekly Course, Wed 10:45-12:30****18CRA002 CROCHET FOR BEGINNERS****5 February to 19 November**

Location: Plato. This is a class for those wishing to learn to crochet or to revive forgotten skills. Basic stitches and pattern-reading skills will be taught. The tools and materials required for this class will be discussed in the first class. If you already have hooks and yarn, please bring them. If not, DO NOT purchase any equipment or materials prior to the first class. A notepad and pen will suffice for the first session.

Alison Phillips**Weekly Course, Mon 9:15-11:15****18CRA003 KNITTING BEGINNERS****6 February to 20 November**

Location: Plato. This is a class for those wishing to learn to knit or to revive forgotten skills. Basic stitches and pattern-reading skills will be taught. If you already have needles and yarn please bring them. If not, DO NOT purchase any equipment or materials prior to the first class. A notepad and pen will suffice for the first session.

Alison Phillips**Weekly Course, Tue 11:30-1:00****18CRA005 KNITTING ADVANCED****6 February to 20 November**

Location: Room 8. This class is for more advanced knitters and will include the Art, History and Advanced techniques of Knitting. Tapestry and Wool Embroidery will also be covered.

Beverley Wright**Weekly Course, Tue 9:15-11:00****18CRA007 NEEDLEWORK****8 February to 22 November**

Location: Namatjira. Designed to inspire needleworkers at any level to enjoy a variety of needlework projects.

Leonie Clyne**Weekly Course, Thu 12:00-2:15****18CRA009 PAPER CRAFT****7 February to 21 November**

Location: Seniors Meeting Room. An opportunity to share interest and experience in paper crafts. This is a self-help group coordinated by the Leaders. All participants are required to take turns to lead projects of their choice. Prerequisite: Paper craft skills and experience necessary.

Kitty Wong and Irene Ching**Weekly Course, Wed 3:00-4:00**

18CRA011 PATCHWORK 1**6 February to 20 November**

Location: Namatjira. For those with patch-working skills. Class projects may be set during the year. Assistance with UFOs.

Barbara Worcester**Weekly Course, Tue 9:30-11:30****18CRA013 PATCHWORK 2****8 February to 22 November**

Location: Room 8. The class is for anyone wishing to learn the hand techniques of patchwork and quilting. Learn the basic skills to make a sampler quilt. This is not a class for experienced quilters. New beginners are welcome to join in Terms 1 & 3.

Judy Leckie**Weekly Course, Thu 9:15-11:30****18CRA015 PATCHWORK 3****8 February to 22 November**

Location: Namatjira. This is a self-help group for those who have some experience with patchwork. Class projects are suggested by class members.

Meryl McEwen**Weekly Course, Thu 9:30-11:30****18CRA017 PATCHWORK 4****7 February to 21 November**

Location: Namatjira. The class leader will set projects each term. There will also be the opportunity for discussion and guidance on projects you may be working on at home.

Anne Seeney**Weekly Course, Wed 11:00-1:00****18CRA019 SUGAR CRAFT****7 February to 21 November**

Location: Anglers. Learn the art of making sugar flowers. Great for decorating that special cake or a table decoration. Class members will be encouraged to take a place in leading the class and sharing their skills. This class will also include some cooking demonstrations.

Lan Tiet**Weekly Course, Wed 1:30-3:30****18CRA021 TATTING****8 February to 22 November**

Location: Plato. Tatting is a lace composed of knots made with a shuttle and a ball of thread. It is unlike crochet, knitting, or macramé and other lace making techniques. Patience and endurance are sometimes required to make the first correct knot. However, once you have mastered this, the possibilities are endless and very satisfying.

Yvonne De Sousa**Weekly Course, Thu 2:00-3:30**

18DAN: DANCE

18DAN001 BALLROOM DANCING 1**5 February to 19 November**

Location: Jaycees. Australian New Vogue sequence dances. Lessons and social dance. It is preferable to come with a partner but they must be a financial member of U3A Nunawading. Rubber soled shoes and sport shoes are unsuitable for dancing.

Marco Ng and Grace Chung**Weekly Course, Mon 11:00-12:30****18DAN003 BALLROOM DANCING 2 (SEQUENCE DANCING)****6 February to 20 November**

Location: Jaycees. This is a beginners class for those wishing to experience the joy of ballroom dance. Australian New Vogue and other ballroom sequence dances will be taught. Great for memory retention and flexibility. Avoid rubber soled shoes or sports shoes.

Liza Ng**Weekly Course, Tue 10:45-11:45****18DAN005 BALLROOM DANCING 3 (EVENING CLASS)****7 February to 21 November**

Location: Seniors Hall. This is a social class for experienced dancers who can execute the basic figures and the 15 championship sequence dances. There is no formal teaching. We are currently putting together a compilation of popular and favourite dances and this exercise will be substantially complete by 2021. This is an evening class and you must come with a partner.

Beng Lee**Weekly Course, Wed 8 – 10pm****18DAN007 BELLY DANCING****5 February to 19 November**

Location: Stadium. A class for beginners and experienced Belly Dancers.

Maria Makrides**Weekly Course, Mon 2:45-3:45**

18DAN009 BELLY DANCING TECHNIQUE BEGINNERS**Gabrielle P****6 February to 20 November****Weekly Course, Tue 12:15-1:15**

Location: Stadium. A belly dance technique class for beginners, and experienced belly dancers wishing to revise technique. Learn the basics: posture, use of hands, arms, steps, isolation of body parts, movement sequences and names; put them to music; progress to dance making with that technique; then refine it while learning additional moves; and then dances.

18DAN011 CHINESE DANCE**Ying Zhao****7 February to 21 November****Weekly Course, Wed 12:15-1:15**

Location: Jaycees. Come and learn the basic Chinese classical dance and some ethnic dances such as Fan and Ribbon dance. Very good for your posture and movement as well as enhancing an understanding of Chinese culture.

18DAN013 GREEK DANCING**Dianne Hardy & Maria Makrides****5 February to 19 November****Weekly Course, Mon 1:30-2:30**

Location: Stadium. For those who enjoy dancing in a relaxed atmosphere. Beginners welcome.

18DAN015 LINE DANCING BEGINNERS**Herminia Harrison****9 February to 23 November****Weekly Course, Fri 1:15-2:15**

Location: Jaycees. This is a class for real Beginners who would like to learn the basic steps of Line Dancing in a friendly atmosphere. Leather soled shoes must be worn for your safety.

18DAN017 LINE DANCING EXPERIENCED A**Lan Tiet****8 February to 22 November****Weekly Course, Thu 2:00-4:00**

Location: Seniors Hall. This is a class for the experienced line dancer only. Line dances specially choreographed to aid memory in BRAIN EXERCISE and improve concentration, cardio, muscle strength, bone density, group dynamics, social interaction, balance and posture.

18DAN019 LINE DANCING EXPERIENCED B**Marie Pietersz****5 February to 19 November****Weekly Course, Mon 9:30-10:45**

Location: Jaycees. This is dancing for all ages. Learn to rock'n'roll, cha cha, rhumba, mambo and waltz the Line Dancing way. Great for memory retention, flexibility, bone density and cardio workout. Must be able to feel the beat of the music.

18DAN021 PHILIPPINES CULTURAL DANCING**Herminia Harrison****9 February to 23 November****Weekly Course, Fri 2:45-3:45**

Location: Jaycees Hall. As varied are the people of the Philippines so too are the dances. If you have a passion for dance come and learn the cultural dancing of the Philippines.

18DAN023 ROCK AND ROLL**Manuel Alexiou****6 February to 20 November****Tue 1:30-2:30**

Location: Jaycees Hall. Learn the craft of Rock and Roll in a social relaxed atmosphere. You will also find that this class will benefit your fitness on many levels. Will commence with beginners and in time advance to intermediate.

18DAN025 ZUMBA 1**Paulina Chong****7 February to 21 November****Weekly Course, Wed 12:30-1:30**

Location: Seniors Hall. This is a fun and enjoyable workout class to get your body moving and to invigorate your energy levels. Originally based on Latin dance rhythms, it integrates easy-to-learn routines designed to tone your body and improve your cardio fitness.

18DAN027 ZUMBA 2**Betsy Gumma****6 February to 20 November****Weekly Course, Tue 3:15-4:15**

Location: Seniors Hall. Zumba is a fun and enjoyable workout class to get your body moving and to invigorate your energy levels. It is a Latin-inspired dance-fitness class, incorporating Latin and international music and dance moves. It integrates easy-to-learn routines designed to tone your body and improve your cardio fitness. No dance experience is necessary as Zumba is designed for everyone, just a willingness to 'move to the music', 'feel the music' and have fun.

Light clothing and runners are recommended. **BYO** water bottle and towel.

18EXE: EXERCISE

18EXE001 CHAIR BASED EXERCISE

8 February to 22 November

Location: Activity Centre. This class is for Members who may have limited mobility but would still like to stay fit and healthy. Even if you have not exercised for some time you will be surprised how much you can still do!

Karen Postill

Weekly Course, Thu 12:30-1:30

18EXE002 PILATES

6 March to 20 November

Location: Regis Aged Care (Rosella Room), 40 Central Road Blackburn. Strengthen entire core, develop long strong muscles while increasing flexibility and improving overall posture and balance. You will be required to provide your own fit ball plus Pilates mat. A Health Assessment form will be emailed to you on acceptance into the class.

Dianne Michael

Weekly Course, Thu 12:30-1:30

18EXE003 FUNDAMENTAL EXERCISE FOR MEN

5 March to 19 November

Location: Stadium. Gentlemen - this is your opportunity to get fit. This class includes cardio, resistance, strength and circuit training. Please note, some floor work is included, mat required. A Health Assessment form will be emailed to you on acceptance into the class.

Dianne Michael

Weekly Course, Mon 11:00-12:00

18EXE004 STRETCH AND STRENGTHEN

7 February to 21 November

Location: Activity Centre. This gentle exercise class is designed for beginners. Set to soothing music, the class draws from both yoga and pilates, with a key emphasis on gently stretching all parts of the body to increase flexibility. Also included are weight-bearing poses which build strength and balancing exercises to improve balance. A short relaxation is held at the end of the class. Students should bring along a mat.

Liz Bednall

Weekly Course, Wed 9:30-10:30

18EXE005 WALKING GROUP 1

7 February to 21 November

Location: List in Leaders pigeonhole. Walking is one of the best weight-bearing exercises to keep you fit and healthy. Join this friendly group and explore new territories. Cancelled if the forecast is 28 degrees or higher is forecast. Leaders: Lily van Ryswick and Margaret Curmi.

Lily Van Ryswick

Weekly Course, Wed 10:00-12:00

18EXE007 WALKING GROUP 2

7 February to 21 November

Location: List in Leaders pigeonhole. Walking is one of the best weight-bearing exercises to keep you fit and healthy. Cancelled if 28 degrees or higher is forecast.

Zoltan Bardos

Weekly Course, Wed 10:00-12:00

18EXE009 WALKING - BUSH WALKING

12 February to 12 November

Location: Varied. A preliminary walk is required. Collect a bushwalking pack from the Leader's pigeonhole at the front desk. When you have the required items contact Gillian on 0438 512 900 to organise a short walk. Walks are organised on a monthly basis, generally on the second Monday of the month but this may vary due to public holidays, availability of the leader or extreme weather. In the rare case of cancellation, members will be contacted.

Josian Astruc and Gillian Wainwright

Monthly, Mon 9:00-0:00

Please allow a full day to enjoy a range of walking opportunities in our diverse environment. A Health Assessment form will be emailed to you (or collect from the leader's pigeon hole) on acceptance into the class. This must be completed by your doctor prior to taking the walks.

18EXE011 WALKING - NORDIC

6 February to 20 November

Location: Meeting places and times available from the Leader's pigeonhole. Nordic walking is fitness with designed poles. U3A poles supplied first term. You must be able to walk 5k/hour for two hours (and longer). Cancelled if the forecast is 28 degrees or higher.

Judi Millar

Weekly Course, Tue 9:00-12:00

18EXE013 WALKING - SHORT WALKS**David Patston****15 March to 13 December****Monthly, Thu 0:00-0:00**

The first walk will be on March 15. Walking from Victoria St Railway Station to Burnley Railway station along the Yarra River. There will be further walks on April 26, May 17, June 21, July 19, August 16, September 20, October 18, November 15 and December 13. All walks are about 7km long and use public transport to get to the start and to return home. This takes the stress out of parking. David is an experienced walker and has led many walks around Victoria. More detailed information on acceptance into class.

18EXER: EXERCISE RESTRICTED

18EXER01 FIT AND ACTIVE 1**Dianne Michael****5 March to 19 November****Weekly Course, Mon 9:30-10:30**

Location: Stadium. A fun way to achieve a higher level of increased cardio fitness, strength and flexibility. Bring a water bottle, small towel and mat. A Health Assessment form will be emailed to you on acceptance into the class.

18EXER03 FIT AND ACTIVE 2**Colleen Skinner****6 February to 20 November****Weekly Course, Tue 1:30-2:30**

Location: Stadium. A fun way to achieve a higher level of increased cardio fitness, strength and flexibility. Bring a water bottle, small towel and mat. A Health Assessment form will be emailed to you on acceptance into the class.

18EXER05 FIT AND ACTIVE 3**Bev Baseden****8 February to 22 November****Weekly Course, Thu 8:45-9:45**

Location: Seniors Hall. This exercise class will include Tabata, cardio fitness, balance, and strength. Please bring a water bottle and mat as there are some floor exercises. A Health Assessment form will be emailed to you on acceptance into the class.

18EXER07 GENTLE EXERCISE**Karen Postill****7 February to 21 November****Weekly Course, Wed 9:30-10:30**

Location: Seniors Hall. Enjoy gentle exercise to music with emphasis on improving and maintaining balance, strength, and mobility in a warm and friendly environment. Bring a water bottle and mat as there are some floor exercises. Participants are expected to stay for the entire class. A Health Assessment form will be emailed to you on acceptance into the class.

18EXER09 MODERATE ACTIVE 1**Barb Ryder****7 February to 21 November****Weekly Course, Wed 9:45-10:45**

Location: Jaycees. Enjoy moderate exercise to music with emphasis on improving and maintaining balance, strength, and mobility in a warm and friendly environment. Please bring a mat. You are expected to stay for the whole class. A Health Assessment form will be emailed to you on acceptance into the class.

18EXER11 MODERATE ACTIVE 2**Barb Ryder****8 February to 22 November****Weekly Course, Thu 10:00-11:00**

Location: Seniors Hall. Enjoy moderate exercise to music with emphasis on maintaining and regaining balance, strength, and mobility in a warm and friendly environment. Please bring a mat. You are expected to stay for the whole class. A Health Assessment form will be emailed to you on acceptance into the class.

18EXEM: EXERCISE MOVEMENT & MEDITATION

18EXEM01 EIGHT FORM MOVING MEDITATION**Cam Luu****6 February to 20 November****Weekly Course, Tue 11:15-12:45**

Location: Seniors Hall. An introduction to the Dharma Drum's Eight Form Moving Meditation. It incorporates the essence of Chan meditation into a series of physical exercises. It helps relax body and mind. A walking and sitting meditation is included.

18EXEM03 FELDENKRAIS AWARENESS THROUGH MOVEMENT**Vlad Solowiej****8 February to 22 November****Weekly Course, Thu 1:45-2:45**

Location: Activity Centre. Functional Mobility for Life. While aging is compulsory, decrepitude is optional. Awareness through movement utilises the ability of the neuromuscular system to improve at any age. You may expect improvements in co-ordination, flexibility and balance. You will need a towel or mat for floor exercises.

18EXEM05 MEDITATION**Carmen Bongailas****7 February to 21 November****Weekly Course, Wed 11:30-1:00**

Location: Room 5. This class will teach and guide you to totally relax and look after your health and fitness. We start with exercise and breathing and go into meditation. If time permits there will be discussion.

18EXEM06 MOVING & STILLNESS WITH YOGA & PILATES**Gillian Teo****8 February to 22 November****Weekly Course, Thu 17:30-18:30**

Location: Seniors Hall. This class aims to expand awareness of our body and to deepen the connection with the inner core. We practise using the breath to move and to still our body and our mind. We practise creating spaciousness in our bodies and minds so that we move with better awareness and with ease, and our minds less cluttered. Some props such as the ball, blankets, blocks etc may be used.

18EXEM07 SELF DEFENCE**Tony Susac****8 February to 22 November****Weekly Course, Thu 12:30-1:30**

Location: Room 5. Participants will learn self-defence techniques and awareness through theory and practical application as well as fitness with emphasis on maintaining and regaining balance, strength, mobility, cardio and flexibility. The instructor has been a Taekwondo instructor for over 40 years. Suitable for both men and women.

17EXEM09 TAI CHI SIMPLIFIED 24 FORM**Rita Chew****7 February to 21 November****Weekly Course, Wed 11:00-12:00**

Location: Jaycees. This is a course suitable for beginners or those who have done a little bit of Tai Chi. The course will emphasise the basic Tai Chi movements before moving on to learn Tai Chi 8 which is a series of 8 movements. You will learn how to improve balance, wellbeing, and regulate your "chi". We will then move on to learn the Simplified 24 form which will exercise mind and body. A good degree of commitment is required. No new enrolments after Term 1.

18EXEM11 TAI CHI 2 - SHIBASHI**Evelyn Bowman****8 February to 22 November****Weekly Course, Thu 11:30-12:30**

Location: Seniors Hall. Shibashi - a gentle and beautiful Oriental exercise.

18EXEM13 TAI CHI QIGONG 3A**Lesley Sinfield****9 February to 23 November****Weekly Course, Fri 9:30-10:30**

Location: Eley Park. Qigong involves the integration of physical movement, mental concentration, and regulated breathing to help build and direct the flow of Chi (Qi) life force around the body. This enhances health and wellbeing. In this class we do several different sets of Qigong exercises including Shibashi, Lotus, Lohan and 8 Golden Brocade exercises. The class does not require previous experience and students can adapt for levels of physical ability. However, if in doubt, seek medical advice about participating.

18EXEM15 TAI CHI QIGONG 3B**Lesley Sinfield****9 February to 23 November****Weekly Course, Fri 10:45-11:45**

Location: Eley Park. Qigong involves the integration of physical movement, mental concentration, and regulated breathing to help build and direct the flow of Chi (Qi) life force around the body. This enhances health and wellbeing. In this class we do several different sets of Qigong exercises including Shibashi, Lotus, Lohan and 8 Golden Brocade exercises. The class does not require previous experience and students can adapt for levels of physical ability. However, if in doubt, seek medical advice about participating.

18EXEM17 TAI CHI QIGONG 4**5 February to 19 November**

Location: Stadium. QiGong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focussed intention. A recreational fitness system of flowing movements designed to exercise and develop the body and mind in unison. The movements are performed at a slow dreamlike pace.

Jasmine Teen**Weekly Course, Mon 12:30-1:15****18EXEM19 TAI CHI QIGONG 5****8 February to 22 November**

Location: Activity Centre. QiGong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focussed intention. A recreational fitness system of flowing movements designed to exercise and develop body and mind in unison. The movements are performed at a slow and dreamlike pace.

Lesley Sinfield**Weekly Course, Thu 11:30-12:15****18EXEM21 TAIJI QUAN YANG SCHOOL BEGINNER LEVEL****7 February to 21 November**

Location: Stadium. An introduction to the traditional 103 posture Long Form of the Yang School of Taiji Quan. Students will be instructed on Parts 1 & 2 of the Long Form, as well as the Eight Section Brocade & Lotus Qigong forms. Proficiency & health benefits will only be achieved through regular attendance & practice.

Frank Chai**Weekly Course, Wed 12:45-1:45****18EXEM23 TAIJI QUAN YANG SCHOOL INTERMEDIATE****7 February to 21 November**

Location: Stadium. This class is not for beginners. Participants must be familiar with the Yang School of Taiji Quan & especially the traditional 103 postures Long Form. Students will be instructed on Part 3 of the Long Form & to understand & practice the Ten Essential Principles of Taiji Quan.

Frank Chai**Weekly Course, Wed 2:00-3:00****18EXEM25 TAIJI QUAN YANG SCHOOL ADVANCED LEVEL****8 February to 22 November**

Location: Seniors Hall. This class is restricted to only those students who have completed the Intermediate Level class & have demonstrated a reasonable level of proficiency & commitment. Students will be instructed on Push Hands (Fixed Step, Moving Step) & the Dao Yin Yang Sheng Qigong form. More advanced Taiji forms may be taught, subject to proficiency & interest. Please note that due to accommodation limits, student numbers are limited in this class.

Frank Chai**Weekly Course, Thu 12:45-1:45****18EXEM27 YOGA LAUGHTER****6 February to 20 November**

Location: Room 5. Come and have a good laugh. You don't need to be funny, just have a willingness to have fun. Benefits to health, lower blood pressure, sending endorphins to give you a general sense of wellbeing. Join for a most enjoyable extremely light, exercise class. Involves clapping and breathing.

MartieTurner**Weekly Course, Tue 1:30-2:00****18EXEMR: EXERCISE MOVEMENT & MEDITATION RESTRICTED****18EXEMR1 YOGA 1****6 February to 20 November**

Location: Jaycees. Learn the technique of Yoga combined with breathing and relaxation exercises. Suitable for the mature person. Bring your own yoga mat.

Souchine Azcue**Weekly Course, Tue 9:30-10:30****18EXEMR2 YOGA 2****6 February to 20 November**

Location: Seniors Hall. The technique of Yoga combined with breathing and relaxation exercises. Suitable for those who wish to maintain fitness, flexibility and balance. **This is not a beginners class.** Bring your own yoga mat and yoga blocks.

Yvonne Woon**Weekly Course, Tue 9:15-10:30****18EXEMR3 YOGA 3****5 February to 19 November**

Location: Activity Centre. Learn the technique of Yoga combined with breathing and relaxation exercises. Suitable for the mature person. Bring your own yoga mat.

Helen Garbutt**Weekly Course, Mon 2:00-3:00**

18EXEMR4 YOGA 4**6 February to 20 November**

Location: Jaycees. The technique of Yoga combined with breathing and relaxation exercises. Suitable for those who wish to maintain fitness, flexibility and balance. Bring your own yoga mat and yoga blocks.

Yvonne Woon**Weekly Course, Tue 12:00-1:15****18EXES: EXERCISE SPORT****18EXES01 BADMINTON****9 February to 23 November**

Location: Stadium. If you have any racquet skills, play tennis, squash or badminton, come along to a fun class. All standards welcome. You will need sports attire including white soled sports shoes. The class is designed for members to have fun and improve fitness. Must bring your own racquet. \$2 per week to cover cost of shuttles. Leaders George Wilson, Jean Tomlinson and Graham Haynes.

Graham Haynes**Weekly Course, Fri 1:00-3:00****18EXES03 BOWLS BEGINNERS AND EXPERIENCED****6 February to 20 November**

Location: Blackburn Bowls Club. Learn to enjoy the game of bowls under the supervision of qualified coaches. All equipment is provided by the club. Flat shoes to be worn and a weekly cost of \$5.00 to be paid to the club. In bad weather indoor bowls is available.

Don Peake**Weekly Course, Tue 10:00-11:30****18EXES05 GOLF****5 February to 19 November**

Location: Morack Golf Club. Experienced players only. Come along and enjoy an early morning social game. Meet at Pro Shop. Green fees are \$13.20 at Morack Golf Club for nine holes but you can arrange to play 18 holes. Bookings need to be made so each player must confirm attendance by Email with Class Leader.

Alice Jiew**Weekly Course, Mon 7:45-12:00****18EXES07 TABLE TENNIS****6 February to 20 November**

Location: Kilsyth Sports Stadium. Beginners as well as veterans are welcome. New players will receive help. Wear casual clothes and shoes that will not mark the floor. Cost per week \$4.00.

Riet Olifiers**Weekly Course, Tue 10:00-12:00****18GAM: GAMES****18GAM001 CARD GAME HAND AND FOOT****7 February to 21 November**

Location: Room 8. If you enjoy playing Hand and Foot or want to learn come along. Knowledge of cards necessary. If you have played Canasta you will soon pick up Hand and Foot.

Barb Ryder**Weekly Course, Wed 12:00-3:00****18GAM003 CHESS****7 February to 21 November**

Location: Room 14. All levels are welcome from beginners to advanced players. Come and enjoy a friendly challenge.

Alan Gray**Weekly Course, Wed 1:45-3:45****18GAM005 CONTRACT BRIDGE****5 February to 19 November**

Location: Namatjira. If you are an experienced Contract Bridge player join like-minded people and improve your skills.

Peter Barton & Gilbert Foster**Weekly Course, Mon 1:00-3:45****18GAM007 CRYPTIC CROSSWORDS****6 February to 20 November**

Location: Plato. If you enjoy doing crosswords but find cryptic crosswords puzzling, then this course is for you. You will learn about the different types of cryptic crossword clues, solve some simple clues and move on to solving simple cryptic crossword puzzles.

Margaret Lawlor**Weekly Course, Tue 2:45-3:45****18GAM009 MAH JONG EASTERN****6 February to 21 November**

Location: Seniors Hall. Enjoy the class in a relaxed social atmosphere. Beginners welcome.

Herbert & Stella Yim & George Chan**Weekly Course, Tue 1:00-3:00****18GAM011 MAH JONG WESTERN****5 February to 19 November**

Location: Namatjira. This is a fascinating ancient Chinese game played with small decorated tiles. Come and enjoy a sociable and pleasant session once a week. Beginners welcome.

Val Lynch & Kay Senyard**Weekly Course, Mon 9:30-11:30**

18HIS: HISTORY

18HIS001 ANCIENT EGYPTIAN HISTORY

5 February to 19 November

Location: Activity Centre. This course will take us from the pyramids to the golden treasures of Tutankhamun to Cleopatra and the end of Pharaonic Egypt. Pyramids, Mummies, mystery and mayhem - Ancient Egypt had it all. Discover the marvels of this ancient, vibrant and fascinating civilisation

Joan Kelleher

Weekly Course, Mon 12:30-1:45

18HIS003 BIG HISTORY

6 February to 19 June

Location: MPR. This course covers history from the beginning of the Universe to the present. The first part of the course is based on science, describing what we know and how we know about the natural world. Later parts will take a wide-angle view to look at humanity. By using such a long and wide view, we hope to understand how humans have impacted the environment and how we may choose paths for a better future. **Term 1 and 2 only**

Albert Ip

Weekly Course, Tue 12:00-1:00

18HIS005 EUROPEAN HISTORY 19th & 20th CENTURY

6 February to 20 November

Location: Namatjira. This course will cover the turbulent history of Europe from the French revolution onwards: the industrial revolution and the rise of socialism, the demise of the old aristocracy and the search for new ways forward.

Tony Walther

Weekly Course, Tue 11:45-1:15

18HIS007 CHINA TODAY

6 February to 20 November

Location: MPR. In the last 30+ years, China has experienced one of the most spectacular rises in human history. This course will begin by looking at the current international environment China is facing and then sample various aspects of Chinese culture from farming to food, festivals and anything of interest.

Albert Ip

Weekly Course, Tue 1:00-2:00

18HIS009 COMPARATIVE RELIGION

9 February to 23 November

Location: MPR. This course looks at the very wide range of religions often with contributions from members of the class, and with many guest speakers.

Albert Isaacs

Weekly Course, Fri 12:45-2:45

18HIS011 FAMILY HISTORY GENEALOGY BEGINNERS

9 February to 23 November

Location: Forest Hill Conference Room. (Not 1st Friday of the month) This Beginners class covers how to collate information and record keeping - charts and handouts will be supplied and 'ancestry.com' will also be covered. Personal assistance is available after class. This is a prerequisite for acceptance into the Experienced class.

Ingrid Nelson

Weekly Course, Fri 2:00-4:00

18HIS013 FAMILY HISTORY GENEALOGY EXPERIENCED

9 February to 23 November

Location: Forest Hill Conference Room (Not 1st Friday of the month). This class is for the Experienced and Advanced Genealogists / Family historians. Prerequisite Genealogy / Family History Beginners.

Ingrid Nelson

Weekly Course, Fri 10:30-12:30

18HIS017 MILITARY HISTORY

8 February to 22 November

Location: Room 5. The class will cover topics from early classical times to present day. It includes weaponry, strategy, and tactics, the reasons for battles, campaigns and wars on land, sea and air. Class members are encouraged to take an active role in presenting topics.

Robert Ellis

Weekly Course, Thu 9:15-11:00

18HIS019 MOVIES THROUGH THE DECADES

9 February to 23 November

Location. Room 9. We will view and discuss a broad range of specially chosen films from the Silent Age to the Present. The movies selected for viewing will have specific significance, including such criteria as historical interest, social issues, atypical themes or settings, unusual film techniques etc.

Albert Isaacs

Weekly Course, Fri 9:15-11:15

18HUM: HUMANITIES

18HUM000 CITIZENSHIP: PREPARATION FOR CITIZENSHIP

9 February to 23 March

Anne Holland

Weekly Course Fri 3:00-4:00

Location: Room 3: If in the future you wish to become an Australian Citizen this class will help you to understand the rules and regulations.

18HUM001 DEVELOP YOUR INTUITION

9 February to 23 November

Heather Thomas

Weekly Course, Fri 2:00-3:15

Location: Plato. Discover an insight into several methods used to open up the creative and imaginative aspects of your being - using meditation, colour, crystals and much more. Learn how developing your intuition can benefit you in your everyday life.

18HUM003 EFFECTIVE COMMUNICATION

9 February to 23 November

Cheryl Barr

Weekly Course, Fri 12:30-2:30

Location: Room 5. This “hands on” course will give you more choices in the way you interact with friends, colleagues and other members of your community. Distinguish behaviours from judgements, determine who “really” owns the problem, identify “road blocks” to effective communication, use active listening skills, be assertive, manage emotions in difficult situations and manage tricky situations with confidence.

18HUM005 EMOTIONAL FREEDOM TECHNIQUE (EFT)

7 February to 21 November

Colin Carter

Weekly Course, Wed 9:30-11:15

Location: Room 5. This is a fast-acting relaxation technique and if you were to Google the phrase you would find 7 million pages! It focuses first on identifying specific negative emotions to do with situations in the past, present or future to do with fear, worry, anxiety, anger, sadness, guilt and then a unique technique is used to quickly calm and dissolve those emotions and memories. There is a way to resolve issues you feel too personal to disclose. Web resources available.

18HUM007 EMPOWERMENT

5 February to 19 November

Paulina Chong

Weekly Course, Mon 11:00-12:00

Location: Building 14. Discover how you create your own reality, to know yourself better and to understand others more clearly. Through this systemic study of how we think, how we communicate and behave. You will be guided using some basic tools which bring about self-development and change. Bring along a frame of mind based on curiosity, exploration and fun.

18HUM009 ISMS – LEFT, RIGHT and CENTRE

8 February to 22 November

Liz Hooper

Weekly Course, Thu 2:45-4:00

Location: MPR. This course aims to provide an opportunity to explore the political spectrum from left to right with a personal assessment of where we sit, which may vary from issue to issue. In Term 1 we learn how we as individuals form our values throughout our lives. In Term 2 we study what left and right wing politics mean by investigating a wide range of **isms**. In Term 3 we apply what we've learnt to issues of current concern in the world today and finally in Term 4 we consider future world scenarios depending on the action we take now. Come with open hearts and minds and a willingness to share with others in a friendly, supportive, non-judgemental learning environment.

18HUM011 KEEP YOUR BRAIN ACTIVE**6 February to 20 November**

Location: MPR. It is as necessary to maintain cognitive function as we age as it is our bodily health. It is necessary to have a **variety** of types of stimuli and not just the one eg crosswords. This we can achieve with the many types of logic puzzles available. But could also include misuse of probabilities and statistics, optical illusions, magic tricks..... any phenomena that makes us think "outside the box", that gives us an Ah ha moment. This course will make you think but it will not be stressful: it will be great fun

Tom Edwards**Weekly Course, Tue 10:45-11:45****18HUM013 LITERATURE APPRECIATION****9 February to 16 November**

Location: Namatjira. Using selected books we discuss a wide range of works of fiction and non-fiction. Ideas and themes are examined, as well as ways in which writers use settings, characterisation, plot and imagery. Members may offer to present a book and lead discussion. **The group will meet on the 1st and 3rd Friday of each month, and 5th Friday when it occurs.**

Judy Hall**Weekly Course, Fri 10:45-12:15****18HUM015 PHILOSOPHY FOR LIVING****8 February to 22 November**

Location: MPR. In this wide ranging course we will visit the wisdom teachings of Philosophers and Scientists from both the east and west that have evolved over the millennia and then re-examine them in the light of modern day science. This will help us understand who we really are, together with our evolving universe and our place in it: this will involve us in many disciplines including Psychology, Quantum Physics, Neuroscience, Consciousness Studies, Mindbody Medicine and Theology. This will give us the knowledge and the tools to help us to be peaceful, loving, compassionate, creative, appreciative of beauty and healthy in mind and body. No prerequisites required: come with an open mind as we address some of life's big questions such as, "What is consciousness and does it survive physical death?"

Wade Dickson**Weekly Course, Tue 2:30-4:00****18HUM017 PHILOSOPHY PHOR PHUN DISCUSSION****7 February to 21 November**

Location: MPR. This is a 'philosophy in action' group where applied philosophy including religion, science, politics, ethics, economy, economics and the history of philosophy are discussed.

Savvas Athan**Weekly Course, Wed 11:00-12:15****18HUM019 PLAY READING****8 February to 22 November**

Location: Seniors Meeting Room. Do you like reading aloud? If the answer is "yes" come and join a small group who enjoy getting together to read plays. You don't have to be Meryl Streep or Dustin Hoffman, just have a love of the written word. No experience other than the need to read with a little expression.

Glenys Thomas & Jo Leyman**Second and Fourth weeks, Thu 1.30-3.30****18HUM021 POETRY FOR PLEASURE****5 February to 15 November**

Location: Plato. Read your favourite poets for pleasure. After reading the poetry aloud it will be discussed in terms of historical context, meaning and literary value. 1st, 3rd and 5th Monday of the month. Also write and bring along some poems of your own.

Colin Browne**First and Third weeks, Mon 2:30-4:00****18HUM023 POSITIVE THINKING AND MEDITATION****8 February to 22 November**

Location: Room 5. Harvest your spiritual identity to realise "Me, Myself, and I". Come and learn the theory of the highest form of meditation, positive thinking, and self-awareness. It will help you acquire a meditative state of mind with Inner Peace and Inner Power.

Lyn Elliott**Weekly Course, Thu 2:00-3:00****18HUM025 PUBLIC SPEAKING****5 February to 19 November**

Location: Building 14. Public speaking is a proven method of building self-confidence, raising personal morale and enhancing the ability to participate in and to enjoy social activities. Experienced speakers and learners are welcome. Meetings will follow an established program.

Keith Graham**Weekly Course, Mon 9:15-10:30**

18HUM027 SHARE TRADING & INVESTING IN SHARES**Eric Kratzer****7 February to 21 November****Weekly Course, Wed 1:30-2:45**

Location: Seniors Meeting Room. A discussion group for those interested in investing and share trading. This is not a class advising you what to do with your money but purely a discussion group. Amongst other items, discussion may be centred around weekly financial events.

18HUM031 TAROT CARDS - INTRODUCTION**Naomi Towers****5 February to 19 November****Weekly Course, Mon 2:00-3:30**

Location: Building 14. What is the Tarot and how does it fit with Astrology, Numerology and other esoteric modalities? You will learn a brief history of the Tarot and the different Tarot decks. What and why? Also the break-up of the Tarot into major and minor arcana and briefly what do each of the cards mean.

18HUM033 TAROT CARDS - ADVANCED**Naomi Towers****6 February to 20 November****Weekly Course, Tue 11:00-12:30**

Location: Seniors Meeting Room. A class for those who have attended the Introduction class and wish to further their knowledge.

18HUM035 WINE APPRECIATION**Philippe De Montignie****6 February to 20 November****Weekly Course, Tue 3:00-4:00**

Location: Room 8. A course that will suit those who have an interest in wine and wish to improve their general knowledge of varieties, styles and regions etc. There will be a selection of red, white, sparkling and dessert wines from local and overseas wineries and tastings at the end of each class. Participants will be required to make a small contribution to cover costs of wine tasted.

18HUM037 THE WORLD'S SACRED LITERATURE (WRITTEN & ORAL)**Jim Youngman****6 February to 20 November****Weekly Course, Tue 2:45-4:00**

Location: Room 5. We will read and discover the rich literary heritage contained in texts that are regarded as sacred by many people in the world. We will cover Stories of Creation and of Fish (mostly from oral traditions); an ancient Hindu scripture: The Bhagavad Gita; the sacred text of Islam: The Qur'an; and stories from the Jewish and Christian holy books: The Bible/TANAKH.

Participants will be required to purchase texts. Details will be provided by the Class Leader at the first class.

18HUM041 WRITING SKILLS**Vira Fitzgerald****5 February to 19 November****Weekly Course, Mon 2:30-4:00**

Location: MPR. If you have thought about writing stories, recording your experiences, this class will endeavour to help develop your ideas and skills.

18HUMR: HUMANITIES RESTRICTED**18HUMR01 CURRENT AFFAIRS 1****David Gannon****5 February to 19 November****Weekly Course, Mon 11:45-12:45**

Location: Namatjira. Participate in lively discussion and debate on topical issues in a friendly atmosphere.

18HUMR03 CURRENT AFFAIRS 2**David Gannon****7 February to 21 November****Weekly Course, Wed 12:30-1:30**

Location: MPR. Participate in a lively discussion and debate on topical issues in a friendly atmosphere.

18HUMR05 CURRENT AFFAIRS 3**Allan Brownrigg****7 February to 21 November****Weekly Course, Wed 9:15-10:30**

Location: MPR. Participate in a lively discussion and debate on topical issues in a friendly atmosphere.

18LAN: LANGUAGES

18LAN001 ARABIC BEGINNERS

5 February to 19 November

Location: Room 9. For complete beginners, no previous experience necessary. Students from the Intermediate class who would like some revision and those who attended Beginners in 2017 are welcome to attend.

Nia Avelkiou

Weekly Course, Mon 2:30-4:00

18LAN003 ARABIC INTERMEDIATE

5 February to 19 November

Location: Room 9. For those who attended Arabic class in, and for anyone who has a basic knowledge of the language including the alphabet.

Nia Avelkiou

Weekly Course, Mon 1:00-2:15

18LAN005 CHINESE BASIC INTRODUCTION

8 February to 22 November

Location: Room 3. A class for people with no prior knowledge of the Chinese language. The class covers interesting facts about Chinese customs and culture. No textbooks required but class members should bring writing materials. You will read simple text provided by the class leader.

Sylvia Chuah

Weekly Course, Thu 8:45-10:00

18LAN007 CHINESE BEGINNERS A

8 February to 22 November

Location: Room 3. A class suitable for students who have completed the Introduction to Chinese. The class includes writing characters and Pinyin. Students should purchase a Chinese English dictionary which must include The Radical Index. Bring writing materials to this class. Text book 'Ni Hao' Book 1.

Beulah Gardiner

Weekly Course, Thu 11:15-12:30

18LAN009 CHINESE BEGINNERS B

6 February to 20 November

Location: Room 9. A course intended for those with very little or no knowledge of Mandarin and wish to learn Hanyu Pinyin through listening/speaking, reading and writing. Audio materials by a Native Chinese speaker will be played in class, to help proper enunciation, together with text for reading and following. There will be simple conversations and short passages with flashcards for revision.

Kim Brooks

Weekly Course, Tue 1:30-3:00

18LAN011 Chinese 1

8 February to 22 November

Location: Room 3. A class for those who have completed Chinese Beginners. Text Book: 'Ni Hao' 2.

Beulah Gardiner

Weekly Course, Thu 10:15-11:00

18LAN013 CHINESE 2

8 February to 22 November

Location: MPR. This class will be finishing 'Ni Hao' Book 2 and will include advanced learning covering culture, food, and conversation.

Beulah Gardiner

Weekly Course, Thu 9:00-10:00

18LAN015 CHINESE 3A

5 February to 19 November

Location: Plato. A class for those who have studied Chinese Continuing Beginners in 2017 or have a good knowledge of the Chinese language. Text book is 'Ni Hao' Book 3.

Li Chen

Weekly Course, Mon 11:30-12:30

18LAN017 CHINESE 3B

8 February to 22 November

Location: Room 5. Students should have a reasonable basic understanding of the language. There will be greater emphasis on character reading and oral presentation. Text Book: Easy Steps to Chinese (continuing) by Yamin Ma and Xinying Li. Topics covered will be relatives, seeing a doctor, hobbies, eating out, neighbourhood, seasons etc.

Jane Pearlgood

Weekly Course, Thu 11:15-12:15

18LAN019 CHINESE 4

8 February to 22 November

Location: Plato. Students must have already completed 'Ni Hao' Book 3 or an equivalent level and need to purchase a good Chinese dictionary. Text Book 'Easy Steps to Chinese' Book 5. Students are expected to have a reasonable knowledge of the commonly used Chinese characters as well as Pinyin. The leader is not a native speaker.

Kheng Lau

Weekly Course, Thu 9:00-10:00

18LAN021 CHINESE 5**8 February to 22 November**

Location: Plato. This class assumes a reasonable knowledge of Chinese. It is anticipated that students will bring their own Chinese dictionary. Students need to be familiar with a reasonable number of Chinese characters.

Sue Deng**Weekly Course, Thu 10:00-11:00****18LAN023 CHINESE 6****5 February to 19 November**

Location: MPR. The leader is from Taiwan where authentic Mandarin is spoken. This class aims to improve the Mandarin oral skills of the participants. Intending members should have an intermediate Chinese literacy level. Each week a subject is given in advance for subsequent in-class discussion or role play. Talking topics include daily activities, Chinese culture, history & and philosophy and travelling.

Margaret Riseley**Weekly Course, Mon 1:00-2:00****18LAN025 CHINESE 7 CONVERSATION ADVANCED****8 February to 22 November**

Location: Plato. A class for advanced students. The emphasis will be on conversation and some advanced grammar will be introduced and the level of vocabulary will be extended. Students will be expected to have a good knowledge of the commonly used Chinese characters. The topics will vary but many will stem from Chinese traditional customs and history. An attempt will be made to keep the material relevant and of contemporary interest.

Sue Deng**Weekly Course, Thu 11:00-12:00****18LAN027 ENGLISH AS A SECOND LANGUAGE (ESL)****5 February to 23 November**

By Arrangement: For those who have English as a second language and would like to improve their conversation, vocabulary, grammar and writing skills. Classes are kept to a small number to enable each person to participate. Applicants will be contacted prior to the first class to arrange a suitable lesson time.

Robyn Cox**Weekly, Day and Time will be allocated by Leader****18LAN031 FRENCH 2****7 February to 21 November**

Location: Room 5. A class for those who have completed French Beginners in 2016 and French 1 in 2017 or have a fair knowledge of the French language. Basic communications and grammar will be involved while also touching on aspects of culture, history and geography. It will be a continuing class for those wishing to attain a good knowledge of the French language and is NOT suitable for those wanting a 'French for Travellers' class. Text Books:1: Colloquial French, The Complete Course for Beginners, Valerie Demouy and Alan Moys.2: Practice Makes Perfect: Basic French, Elaine Kurbefor.

Ilsa Rose**Weekly Course, Wed 2:20-3:20****18LAN033 FRENCH 3 CONTINUING****5 February to 19 November**

Location: Room 5. A class for those who have completed French 3 in 2017 or have some knowledge of the French language. Exploration of the French language will be through texts, conversation and songs. Text: Colloquial French, The Complete Course for Beginners. Valerie Demouy and Alan Moys.

Brigitte Ciurleo**Weekly Course, Mon 10:45-12:15****18LAN035 FRENCH 4A****7 February to 21 November**

Location: Seniors Meeting Room. Multi-faceted response to a theme with relevant conversation. French cultural activities. A workshop of dialogues, discussions and talks. Phonetics. French culture activities. No textbooks. Homework optional. Stress Free.

Lucie Samson**Weekly Course, Wed 10:30-12.00****18LAN037 FRENCH 4B****6 February to 20 November**

Location: Room 5. A class at an intermediate level for people with confidence to extend their French language skills. Encompassing some conversation with the main emphasis on grammar.

Ilsa Rose**Weekly Course, Tue 11:45-1:00****18LAN039 FRENCH 4C****6 February to 20 November**

Location: Room 8. A continuation class from French 3 in 2017 Text book used in 2017 will be used in the first two terms. You will need to have a good knowledge of the language. Grammar, communication skills, geography and history will be covered. There is homework.

Judy Gregory**Weekly Course, Tue 12:30-1:30**

- 18LAN041 FRENCH 5** **Christina Hart**
6 February to 20 November **Weekly Course, Tue 9:30-10:30**
 Location: Seniors Meeting Room. An intermediate level class for those who wish to consolidate their knowledge of French grammar and vocabulary. The class is led by a team of class members. The text book is Practice Makes Perfect. French Conversation.
- 18LAN043 FRENCH CONVERSATION BASIC** **Ann Ruck**
5 February to 19 November **Weekly Course, Mon 12:45-2:15**
 Location: Plato. Basic conversation for those who have a good knowledge of the French language. A range of topics will be covered. Text: Practice Makes Perfect, French Conversation by Elaine Kurbegou (McGraw Hill). Available from Language International, Kew East.
- 18LAN045 FRENCH CONVERSATION 1** **Ilsa Rose**
7 February to 21 November **Weekly Course, Wed 1:15-2:15**
 Location: Room 5. This class is for people who have a good basic knowledge of the French language and who want to advance that knowledge by conversing about simple everyday topics in a friendly relaxed way.
- 18LAN047 FRENCH CONVERSATION 2** **Elisabeth Smits**
5 February to 19 November **Weekly Course, Mon 9:30-10:30**
 Location: MPR. This class is aimed at those students who have some fluency in French. There will be no formal grammar taught, the emphasis being on oral communication. You will be given material to study between classes.
- 18LAN049 FRENCH CONVERSATION 3** **Jacqueline Becu**
6 February to 20 November **Weekly Course, Tue 1:30-2:30**
 Location: Plato. This is a free-ranging discussion class on French topics of interest such as social issues, current affairs, books, films and other media. A considerable degree of fluency in French is desirable.
- 18LAN051 GERMAN BEGINNERS YEAR ONE** **Peter Goodwin**
9 February to 23 November **Weekly Course, Fri 9:00-10:30**
 Location: Plato. This is the first year of a 2-year course. Text Book: 'Colloquial German - the Complete Guide for Beginners' (Hatherall). Beginners and those with a limited knowledge of German are welcome.
- 18LAN053 GERMAN INTERMEDIATE** **Peter Griffiths**
9 February to 23 November **Weekly Course, Fri 9:15-10:30**
 Location: Room 5. A continuing class covering grammar, vocabulary and practice in understanding and speaking German. There will be some emphasis on expanding one's knowledge of grammar and vocabulary and rather less on conversation. It is suitable for those who have completed two or more years of German studies.
- 18LAN055 GERMAN CONVERSATION A** **Peter Griffiths**
9 February to 23 November **Weekly Course, Fri 10:45-12:15**
 Location: Plato. A continuing class covering grammar, vocabulary and practice in understanding and speaking German. This course will have a greater emphasis on language use, conversation and culture and slightly less on the language structure.
- 18LAN057 GERMAN CONVERSATION B** **Graeme Hughes**
9 February to 23 November **Weekly Course, Fri 11:00-12:00**
 Location: MPR. A class for those who wish to become more confident and fluent in speaking German. Class is not suitable for beginners. German B requires less proficiency than German A.
- 18LAN059 GERMAN MADE EASY FOR TRAVELLERS** **Dieter Markworth**
9 February to 23 November **Weekly Course, Fri 12:30-1:30**
 Location: Plato. German is especially easy to learn for people who speak English. This is because both English and German belong to the Germanic language group. Many of the most common English words have a German equivalent. Pronouncing German is especially easy from a written text. It always sounds as it is written and written as it sounds. Even if your grammar is less than perfect the Germans will still understand you and that communication is what matters.

- 18LAN061 INDONESIAN BEGINNERS** **Yanti Parry**
8 February to 22 November **Weekly Course, Thu 11:45-12:45**
 Location: Room 8. Indonesia is becoming increasingly important for Australia. Learn about the language and culture of Indonesia from a teacher of Indonesian background.
- 18LAN063 INDONESIAN INTERMEDIATE** **Yanti Parry**
8 February to 22 November **Weekly Course, Thu 1:00-2:00**
 Location: Room 8. A class for those who have completed the Beginners class in 2017.
- 18LAN065 INDONESIAN - ADVANCED** **Yanti Parry**
8 February to 22 November **Weekly Course, Thu 2:10-3:30**
 Location: Room 8. A class for those who would like their oral Bahasa Indonesia to be more fluent using proper grammar, intonation and sophisticated vocabulary. Prerequisite: Students must have attended the Intermediate or have equivalent knowledge of Indonesian.
- 18LAN067 ITALIAN BEGINNERS YEAR TWO** **Earle Ludekens**
6 February to 20 November **Weekly Course, Tue 9:30-11:00**
 Location: Plato. For the person who has completed Year One in 2017 of this two-year course, or who has a knowledge of the Italian language. Text book advised first class.
- 18LAN069 ITALIAN BEGINNERS CONTINUING** **John Finlayson**
5 February to 19 November **Weekly Course, Mon 11:15-12:30**
 Location: Room 9. For the person who has minimal knowledge of Italian, e.g. a year of 'beginner' or self-taught. Learn the basic elements of grammar; read and speak Italian in a relaxed and friendly environment. Text: Practice Makes Perfect Basic Italian. Alessandra Visconti.
- 18LAN071 ITALIAN 1** **Linda Hammond**
7 February to 21 November **Weekly Course, Wed 12:45-2:00**
 Location: Room 9. Suitable for anyone who is not a complete beginner and has a basic introduction or knowledge of the Italian language. Text book: BBC Talk Italian Grammar and Italian Made Simple by Cristina Mazzoni.
- 18LAN073 ITALIAN 2A** **Donato Moretti**
8 February to 22 November **Weekly Course, Thu 11:45-1:00**
 Location: Seniors Meeting Room. If you have some knowledge of the Italian language and would like to learn more, join this merry band of learners.
- 18LAN075 ITALIAN 2B** **John Cutler**
7 February to 21 November **Weekly Course, Wed 2:15-3:45**
 Location: Room 9. A class for those who have a good understanding of the Italian language and would like to extend their knowledge. Text Book: "Italian Made Simple" author Cristina Mazzoni.
- 18LAN077 ITALIAN 3** **John Cutler**
5 February to 19 November **Weekly Course, Mon 9:30-10:45**
 Location: Room 9. A class for those who have completed three years of Italian. It is also suitable for anyone who has a good knowledge of the Italian language. In 2018 we will be using a reading text: Amore e ginnastica by Edmondo De Amicis
- 18LAN079 ITALIAN 3A** **Carl DiGiovine**
8 February to 22 November **Weekly Course, Thu 9:30-11:00**
 Location: Room 9. Concentrate on extending your knowledge of Italian beyond the text books to practising real time speaking, reading, and translation. The aim is to converse in Italian like an Italian. Some homework will need to be undertaken.
- 18LAN081 ITALIAN 4** **Lesley Sinfield**
8 February to 22 November **Weekly Course, Thu 1:00-3:00**
 Location: Room 9. A self-help group of students who have studied Italian for some years and have an understanding of the basic grammar. There is some revision of grammar using 'A Progressive Italian Grammar' but a significant amount of time involves practising conversation, reading texts and listening.
- 18LAN083 JAPANESE BEGINNERS** **Toshie Burke**
9 February to 23 November **Weekly Course, Fri 10:45-11:45**
 Location: Room 5. If you have ever wanted to learn Japanese but not sure where to start, this class is for the complete beginner.

18LAN085 JAPANESE BEGINNERS CONTINUING A**9 February to 23 November**

Location: Building 14. A class for those who are able to read Hiragana and Katakana. Text Book: Japanese for Busy People 1 Revised 3rd Edition Romanised version (Fluent readers may prefer to buy the Kana version).

Yvonne De Sousa
Weekly Course, Fri 11:45-1:45

18LAN087 JAPANESE BEGINNERS CONTINUING B**9 February to 23 November**

Location: Namatjira. A class for those who have completed Japanese Beginners (Toshie) or have a basic knowledge of the language. Romanised letters are used.

Toshie Burke
Weekly Course, Fri 9:30-10:30

18LAN091 JAPANESE INTERMEDIATE 1**7 February to 23 November**

Location: Seniors Meeting Room. A class for those who have completed Japanese Beginners Continuing B.

Toshie Burke
Weekly Course, Wed 9:15-10:15

18LAN093 JAPANESE INTERMEDIATE 2**8 February to 22 November**

Location: Plato. Class members must be able to read Hiragana and Katakana fluently. Some knowledge of Kanji would be helpful. Text Book: 'Japanese for Busy People Book 2' Revised 3rd Edition.

Yvonne De Sousa
Weekly Course, Thu 12:15-1:45

18LAN093 JAPANESE ADVANCED**9 February to 23 November**

Location: Building 14. A class for those who are able to read and write Hiragana and Katakana fluently. Some knowledge of Kanji would be helpful. Text Book: 'Japanese for Busy People Book 2' Revised 3rd Edition.

Yvonne De Sousa
Weekly Course, Fri 9:30-11:30

18LAN097 LATIN LEVEL 5**7 February to 21 November**

Location: Plato. We will continue reading Roman writers of both prose and poetry, studying vocabulary and some finer points of grammar. Textbook: Cambridge Latin Anthology

Elaine Boucher
Weekly Course, Wed 12:00-1:00

18LAN099 LATIN ADVANCED (TERTIARY)**7 February to 21 November**

Location: Room 3. In this class you will gain deeper insights into Roman life and customs as we read more from a variety of classical authors. Text Book: As selected.

Elaine Boucher
Weekly Course, Wed 10:45-11:45

18LAN101 RUSSIAN FOR TRAVELLERS**6 February to 20 November**

Location: Room 8. Learn more advanced elements of the Russian language so that you can ask directions, purchase a bus ticket or buy a cup of coffee and more when you visit Russia. You will be able to talk about yourself, your family, leisure pursuits in basic conversational Russian. There is homework.

Judy Gregory
Weekly Course, Tue 1:45-2:45

18LAN103 SPANISH 1 BEGINNERS**6 February to 20 November**

Location: Seniors Meeting Room. **1.00 to 2.00** will be for the new beginner who has an interest in learning the Spanish language and culture and who would like to learn more. **2 to 2.30** will be for those whodid Beginners in 2017 to help them advance their knowledge. Text book: Spanish Made Easy.

Vilma Araos
Weekly Course, Tue 1:00-2:30

18LAN105 SPANISH 2 INTERMEDIATE**5 February to 19 November**

Location: Building 14. A knowledge of the Spanish language is required. Exercises to help students become familiar with Spanish sounds and spelling. Text book: Spanish Made Simple.

Elizabeth Ramirez
Weekly Course, Mon 12:15-1:45

18LAN107 SPANISH 3**6 February to 20 November**

Location: MPR. Intermediate Spanish Grammar and Beginning Conversation: for those who are ready to take it to the next level and start putting into practice what they have learned, or for those with prior knowledge of the language.

Johanna Schumacher
Weekly Course, Tue 9:30-10:30

18LAN109 SPANISH 4 CONVERSATION**6 February to 20 November**

Location: Room 9. A class for those who wish to practise conversing in the Spanish language.

Pili Jenkin
Weekly Course, Tue 10:45-11:45**18LAN111 SPANISH 5****6 February to 20 November**

Location: Room 9. A more advanced level for those with proficiency in the Spanish Language. Encompasses conversation and grammar as required.

David Secomb
Weekly Course, Tue 12:00-1:00**18LAN113 SPANISH 6****8 February to 22 November**

Location: Seniors Meeting Room. The most advanced level class for those with proficiency in the Spanish language. Encompasses conversation and grammar as required.

Dora Baschuk
Weekly Course, Thu 10:00-11:30**18MUS: MUSIC****18MUS001 CHOIR****7 February to 21 November**

Location: Seniors Hall. The choir comes together to enjoy a repertoire of music from all eras: Popular, Folk, Musicals and Christmas themes. There is an opportunity for singing in harmony and unison.

Maureen Milton
Weekly Course, Wed 10:45-12:00**18MUS002 GUITAR: ACCOMPAINMENT AND SONG****9 January to 23 November**

Location: Namatjira. Bring your voice and your guitar and sing and strum along your favourite songs. Guitar tuition provided, as required. Equipment necessary: Guitar - either classical or acoustic, Portable music stand, clip-on electronic guitar tuner. Music provided

Chris Cook
Weekly Course, Fri 3:00-4:00**18MUS003 GUITAR BASIC****9 February to 23 November**

Location: Namatjira. The aim is to learn reading and playing melody lines and strumming chords. We play simple pieces which use these skills. All students need to have a copy of "Hal Leonard's Guitar Method, Complete Edition" by Will Schmid and Greg Koch.

Bob Hayes
Weekly Course, Fri 12:30-1:30**18MUS005 GUITAR INTERMEDIATE****9 February to 23 November**

Location: Namatjira. Know and read music by tabulation or conventional method. Able to play the classical guitar. Learn and play the guitar on all positions of the fret board.

Jack McLaggan
Weekly Course, Fri 1:45-3:00**18MUS007 JAZZ IMPROVISATION****7 February to 21 November**

Location: Seniors Hall. This class will help to develop skills and repertoire leading to a cohesive extemporizing jazz band. We are not able to teach how to play an instrument, so whilst most instruments can be accommodated, players must already be reasonably proficient players of their instrument. Prospective applicants must contact the class leader, Brian Ruck, on 9878 1362 prior to enrolling.

Brian Ruck
Weekly Course, Wed 2:00-3:30**18MUS009 MUSIC LISTENING****7 February to 21 November**

Location: Room 8. This informal group, with an inclination towards classical music, provides an opportunity to listen and enjoy various musical styles, performers and instruments. Members of the group are encouraged but not obligated to prepare and present a session of interest to them.

Neil McLachlan
Weekly Course, Wed 9:30-10:45**18MUS011 THE SILVER GROVE SWING BAND****6 February to 20 November**

Location: Anglers. This group has the format of the classic Big Band of the Swing era. As the numbers and types of instruments required are dictated by the commercially available arrangements we use, there are limited opportunities for new members. If you have an instrument and would like to join, please contact the Course Administrator to discuss possibilities.

Geoffrey Moore
Weekly Course, Tue 9:30-11:00

18SCI: SCIENCE

18SCI001 ASTRONOMY

7 February to 21 November

Location: Plato. Experience the wonder of the universe; what is out there e.g. planets, stars, galaxies and black holes. How they work, what they look like and how they affect us.

John Shattock

Weekly Course, Wed 9:30-10:30

18SCI003 BONSAI

7 February to 20 June

Location: Anglers. Simply looking at a few attractive Bonsai can restore one's calm and tranquillity. This is a practical class aiming to demystify the process of creating and maintaining your own Bonsai. Succulents will be used with traditional oriental Bonsai styles forming a low maintenance, dry tolerant landscape to cope with summer water restrictions. **Terms 1 & 2 only.**

Joe Lau

Weekly Course, Wed 9:30-11:30

18SCI005 CLIMATE CHANGE

6 February to 20 November

Location: Room 5. Our class involves interesting discussions which can be noisy and cheerful. What has happened recently in politics, changing community views, recent science updates, extreme weather events and more. Why do so many distrust climate scientists? Is it a large conspiracy as many believe? If carbon is the problem? We watch videos and listen to podcasts. Why is the science saying we should start reducing carbon pollution now and not in twenty years? Class material is placed on a website accessible to all.

Tony Kerr

Weekly Course, Tue 9:30-11:00

18SCI007 GEOLOGY

8 February to 22 November

Location: Activity Centre. A general introduction to processes at work forming and changing Earth. The scale will range from atoms to the globe. Several field trips will be arranged.

Phil Bock and Peter Jackson

Weekly Course, Thu 9:30-11:00

18SCI009 THE JOY OF MATHEMATICS

6 February to 20 November

Location: Room 9. Find out about doing tricks with numbers and calculate more easily. What does Fibonacci show us?

John Shattock

Weekly Course, Tue 9:30-10:30

18SCI011 SCIENCE BASIC: FORCES, ENERGY, ELECTRICITY

7 February to 21 November

Location: Plato. This class will explore some of the most fundamental concepts of the physical sciences. The focus will be on the meaning of the concepts, and on the questions (even the 'dumb' ones) about the topic that class members bring. No prior science knowledge is assumed. Typical questions to be answered include: Why does a tennis player follow through on each stroke? What is weightlessness? Why can birds sit safely on power lines, but possums sometimes get fried? Why is electricity sent from power stations at very high voltages?

Christina Hart

Weekly Course, Wed 1:15-2:30

18SS: SUMMER SCHOOL

18SS001 ANCIENT EGYPTIAN HISTORY: RAMESSES 11

9 January

Location: Room 5 Ancient Egyptian History. Exploring the temple complex at Abu Simbel.

JOAN KELLEHER

Tue 10:00-2:00

18SS002 ARCHERY

9 January

Location: Box Hill City Archers, Cnr Middleborough Road and Canterbury Road, Box Hill. Little muscle power required. Come with an open mind and prepare to enjoy. No experience necessary. \$10 payable on the day to the Leader for hire of equipment. Sunblock & hat required

ARCHIE KAAAN

Tue 10:00 – 12:00

18SS003 CLIMATE CHANGE

9 January

Location: Namatjira. Current Status: A review of where the world is at in addressing climate change. Includes short section on CC history, where Australia is at in meeting our commitments, the impacts of little action, and more.

TONY KERR

Tue 10:00-12:00

18SS: SUMMER SCHOOL

18SS004 COSMOLOGY: THE UNIVERSE

9 January

Location Plato. This is the first of 3 classes dealing with Dark Matter and Dark Energy.

JOHN SHATTOCK

Tue 10:00-12:00

18SS005 LEARN TO DANCE CHA CHA

9 January

Location: Seniors Hall. All welcome. Beginners learning to dance Cha Cha.

NAOMI TOWERS

Tue 10:00-1:00

18SS007 PUBLIC SPEAKING

9 January

Location: MPR. Public speaking is a proven method of building self-confidence, raising personal morale and enhancing the ability to participate in and enjoy social activities. Experienced speakers and learners are welcome.

KEITH GRAHAM

Tue 10:00-12:00

18SS009 THE SCIENCE OF HAPPINESS

9 January

Location: Room 8. Everybody wants to be happy, to feel good about themselves, but in today's pressure cooker world many people are not happy and depression is all too common. Help is at hand! Recent studies on Positive Psychology and the Science of Happiness point to specific ways of thinking and acting that can strongly impact our sense of wellbeing and happiness. Come and learn about the latest teachings on Positive Psychology and the practices aimed to increase your level of happiness.

WADE DICKSON

Tue 10:00-12:00

18SS010 COSMOLOGY: THE UNIVERSE

9 January

Location Plato. This is the second of 3 classes dealing with Dark Matter and Dark Energy.

JOHN SHATTOCK

Tue 1:00-3:00

18SS011 DRAWING CARTOONS

9 January

Location: MPR. Can't draw, won't draw but wished you could? You won't become an Artist of Cartoons by attending Summer School overnight but it might be Fun and perhaps it may be Instructional and Illuminating. Bring a Black Marker Pen, a Pencil, an eraser or anything you wish but bring the mentioned items and most importantly bring Yourself.

BILL STAMFORD

Tue 1:00-3:00

18SS013 LISTENING TO CLASSIC AUST RADIO PROGRAMS

9 January

Location: Room 5. Classic programs from the past. Bob Dyer, Jack Davey, Graham Kennedy, Dad and Dave, etc. Listen to the classics from the 30's to the 50's.

ALBERT ISAACS

Tue 1.00- 3:00

18SS015 STATE LIBRARY (EXCURSION)

9 January

Location: State Library, Melbourne. A conducted tour of the State Library of Victoria. Participants to meet Elaine at 1.45 sharp in the foyer. For those travelling by public transport, Melbourne Central Station is directly across Swanston Street from the library.

ELAINE FORD

Tue 2:00-3:00

18SS017 SUDOKU

9 January

Location: Namatjira. Have you always wanted to face the challenge of solving Sudoku? Come along, have fun and learn how. No experience needed.

YVONNE WOON

Tue 1:00-2:00

18SS: SUMMER SCHOOL

18SS019 YOGA

9 January

Location: Seniors Hall. Have you thought about joining a yoga class? This is an opportunity to come and try in a relaxed atmosphere.

YVONNE WOON

Tue 2:15-3:30

18SS020 COLOUR DYEING *Half Day plus a Full Day*

10 January

11 January

Location: Room 8. **This is a 2-session class. Same participants over 2 days.** The class will run over one and a half days and you are expected to attend on both days. Dye a colour wheel using the plastic bag method of dyeing. Chemicals for dyeing will be provided. The immersion method of dyeing will be used. Quilters and embroiderers may find this class of interest. No previous experience is necessary, you will be amazed at the results you can achieve with little effort. Cost \$10 payable to the Leader on the day.

MERYL McEWAN

Wed 1:00-3:00

Thu 10:00-3:00

18SS021 GREEK DANCING BEGINNERS

10 January

Location: Seniors Hall. Experience the art of Greek dancing in a relaxed atmosphere.

MARIA MAKRIDES

Wed 10.00-11.45

18SS023 MEDITATION

10 & 17 January Wed 10:00-12:00

Location: Room 8 **This is a 2-session class. Same participants over 2 weeks.** Calming the mind for everyday living. Participants will leave the 2-part, 2-hour workshops with practical strategies to meditate at home or in a group setting. Practical exercises and discussion.

SANDIE BESWARICK & HELEN PRICE

18SS25 METRO FIRE BRIGADE

10 January

Location: Namatjira. Seniors Fire Safety session presented by retired members of the Metropolitan Fire Brigade for seniors living in their own homes.

Wed 10:00-12:00

18SS027 SHARE TRADING using your computer

10 January

Location: MPR. To increase awareness of using a computer for Share Trading and Investment.

ERIC KATZER

Wed 10:00-12:00

18SS029 STARS OF THE SILVER SCREEN "LILY"

10 January

Location: Room 5. A film of innocence and sensitive love. A teenage Lesley Caron seeks security in a traveling puppet show journeying about provincial France. If you warm to sentiment and attractive stars who can actually act presenting a creditable performance then Lily is right on the button

BILL STAMFORD

Wed 10:00-12:00

18SS031 TEXTILE ART FELT PODS

10 & 17 January

Location: Plato. **This is a 2-session class. Same participants over 2 weeks.** This is a wet felted project. Felting small pods are a lot of fun; they can be decorated and are useful for many things. A list of items to bring will be provided after enrolment.

LILY VAN RYSWICK

Wed 10:00- 12:00

18SS035 CARD GAME HAND & FOOT

10 January

Location: Seniors Hall. Some card knowledge is a benefit to playing this game.

BARBARA RYDER

Wed 12:00-3:00

18SS: SUMMER SCHOOL

18SS037 ACTIVE COMTEMPLATION

10 January

Location: Plato. Dissolve stress and negative emotion. Meditation not working for you or is it boring? Having trouble calming thoughts, takes too long? This approach welcomes you to watch for negative thoughts and how to dissolve them. Your thoughts will slow down and a deep calm can result. No need to stay in a meditative state for too long.

COLIN CARTER

Wed 1:00-3:00

18SS039 MEDICAL CHARLATANS AND ROGUES

10 January

Location: MPR. While modern medicine has been of the greatest benefit to the vast majority of us, that has not prevented medical rogues of various kinds taking advantage of their position and their patient's vulnerability, sometimes in hilariously funny ways while in others there were seriously disastrous results.

ELIZABETH PITTMAN

Wed 1:00-3:00

18SS041 UNLOCK THE WRITER IN YOU

10 January

Location: Namatjira. Always wanted to write your story but didn't know how to get started, had doubts about your writing skills or your ability to make your story interesting? This is your chance to get unstuck and get going. "The first step is always the hardest" Blaise is from Busybird Publishing.

BLAISE VAN HECKE

Wed 1:00-3:00

18SS043 WOMEN'S DISADVANTAGE

10 January

Location: Room 5. This session is presented by Ruby Richardson, from Good Shepherd. The presentation includes speaking about Good Shepherd's history, current work and research in family violence, economic disadvantage, policy and systemic gendered issues.

RUBY RICHARDSON

Wed 1:00-3:00

18SS045 AUSTRALIA'S ONLY POLICE STRIKE: Victoria 1923

11 January

Location: Room 5. The lead-up and politics, causes and effects of this destructive strike. Also covers information on the zoo cable tram which was closed by vandalism during the strike.

ALBERT ISAACS

Thu 10:00-12:00

18SS047 CHAIR BASED EXERCISE

11 January

Location: Seniors Hall. This class is for those of you who may have limited mobility but would still like to stay fit and healthy. Even if you have not exercised for some time, you will be surprised how much you can do!

KAREN POSTILL

Thu 1:00-11:00

18SS048 COSMOLOGY: THE UNIVERSE

11 January

Location Plato. This is the third of 3 classes dealing with Dark Matter and Dark Energy.

JOHN SHATTOCK

Thu 10:00-12:00

18SS049 CHINA TODAY

11 January

Location: Namatjira. China has managed to pull over 700 million people out of poverty since reform and opening in 1978. It is aiming to pull the last 70 million out of poverty by 2020. At the moment, the middle class in China is about the whole population of USA. In terms of land size and economy size, it is about the same as USA. From a poor country devastated by centuries of war, this is a huge, if not the greatest, change of geopolitics. In this 2-hour talk, Albert will explore what China has done right, what is the "One Belt One Road" and what is the implication for us, Australians.

ALBERT IP

Thu 10:00-12:00

18SS: SUMMER SCHOOL

18SS051 FELT WORK & IPAD COVER

11 & 18 January

Location: Plato. ***This is a 2-session class. Same participants over 2 weeks.*** Making items e.g. iPad cover using felt and surface embroidery. Some stitching experience required.

LEONIE CLYNE

Thu 10:00-12:00

18SS053 NUTRITION & HEALTHY AGEING

11 January

Location: MPR. Adequate and appropriate food and nutrient intake is important throughout life, including in later years. It's never too late to review, reconsider and refresh your dietary choices in response to the latest scientific research and guidelines for older adults.

LIZ STINSON

Thu 10:00-12:00

18SS054 ANCESTRY DNA

11 JANUARY

Location: Room 5. In this workshop you will learn how to join Ancestry and which subscription is best for you. You will find it is easy to navigate the website and how to add amazing information to your Family Tree. Suitable for beginners and advanced family historians.

INGRID NELSON

Thu 1:00-3:00

18SS055 BELLY DANCING ALL LEVELS

11 January

Location: Seniors Hall. All Welcome. Come and learn in a relaxed atmosphere.

GABRIELLE P

Thu 1:00-3:00

18SS057 ISMS. THE GOOD, BAD & UGLY

11 January

Location: MPR. Isms, Isms, Isms! Humanitarianism, Globalism, Consumerism, Capitalism, Communism, Feminism, Fundamentalism! What are they all about? What are their underpinning values and tenets? Which do we like, which do we not like, and what can we learn from each of them?

LIZ HOOPER

Thu 1:00-3:00

18SS059 THE NBN IS COMING

11 January

Location: Namatjira. The NBN is being rolled out throughout Australia and we will all need to connect up at some stage. This 2-hour session will cover the issues you need to know about BEFORE signing up to the NBN.

GRAEME HILLSON

Thu 1:00-3:00

18SS060 ARTS CENTRE BACKSTAGE TOUR (EXCURSION)

14 January

On arrival at the Arts Centre Melbourne, please go to the Visitor Information Desk, Level 6 (street level) of the Theatres Building (beneath the spire) where you will be met by your guide. Please be punctual. \$15 payable on enrolment.

ELAINE FORDE

SUNDAY, 10:00

18SS063 ANCIENT EGYPTIAN HISTORY: RAMESSES 11

16 January

Location: Room 5. Find out how a capital city can disappear and be re-discovered in a different location.

JOAN KELLEHER

Tue 10:00-12:00

18SS065 ARCHERY

16 January

Location: Box Hill City Archers, Cnr Middleborough Road and Canterbury Road, Box Hill. Little muscle power required. Come with an open mind and prepare to enjoy. No experience necessary. \$10 per person payable on the day to the Leader for hire of equipment. Sunblock and hat required.

ARCHIE KANAN

Tue 10:00-12:00

18SS: SUMMER SCHOOL

18SS067 A BIOGRAPHY OF CLEAN AIR

16 January

Location: Plato. Part 1. Indoor air quality for healthy living. Part 2. Clean, sterile air for today's industries, pharmaceutical, micro engineering, medical research and hospitals.

ALAN MEAD

Tue 10:00-12:00

18SS069 FABRIC PAINTING

16 January

Location: Room 8. Fabric painting for landscapes with acrylic paint. Colour is magic. Paint with sky and watercolours on material ready to use for landscapes. Materials required will be advised after enrolment.

RACHEL McALAVEY

Tue 10:00-3:00

18SS070 JIHAD & ALL THAT JAZZ!

16 January

Location: Namatjira. The presenter will endeavour to highlight some Islamic concepts that are currently circulating the media rounds. Basics of Islam shall be presented, followed by specific topics such as Sharia and Jihad. Ample opportunity will be given for questions.

SHEIKH RIAD

Tue 10:00-12:00

18SS071 RINGWOOD COURT TOUR

16 January

Ringwood Magistrates Court. On arrival, the group should approach the second floor general enquiries counter to ascertain which courtrooms will be appropriate for attending on that day. All are required to pass through a security scanner upon entry. You may stay for any length of time.

JOE DEMKO

Tue 10:00

18SS073 ZEN TANGLES

16 January

Location: MPR. No talent for art, no skill for drawing, but wish you had? Join us for our Zen Tangles class and you will surprise yourself. Items required: coloured pencils, (just cheap ones will do) but most of all your attendance.

BILL STAMFORD

Tue 10:00-12:00

18SS075 ANCESTRY QUESTIONS & ANSWERS

16 January

Location: Room 5. Bring your questions regarding how to find ancestors and family members. Find a few tricks to researching. Discover websites that will help you along your journey. Bring a notebook and pen to write down information.

INGRID NELSON

Tue 1:00-3:00

18SS077 BELLY DANCING

16 January

Location: Seniors Hall. Open to all levels of experience, including new starters. All welcome to come along and learn in a relaxed atmosphere.

GABRIELLE P

Tue 1:00-3:00

18SS081 TAROT: AN INTRODUCTION

16 January

Location: MPR. What is Tarot? How are the cards used? What other esoteric topics are touched on when reading the cards? Are you interested in finding out whether this could be for you? Come along and find out if you would like to get more involved.

NAOMI TOWERS

Tue 1:00-3:00

18SS: SUMMER SCHOOL

18SS083 STAYING SAFE ONLINE

16 January

Location: Namatjira. The internet is great for getting information, shopping and banking. But how do you protect yourself from its risks, such as phishing and hacking scams, malware and adware. What precautions should you take to ensure your privacy and safety? How can you safely pay for online shopping? How can you trust anything on the Internet? Is public WIFI safe? This session will help you understand how to interact safely online and is for anyone who connects online from any computer, smartphone or tablet.

TONY WIDDOWS & HELEN SMITH

Tue 1:00-3:00

18SS085 PICASSO & MODERN ART

17 January

Location: Namatjira. In the period between 1900 and 1910 the painter Picasso, working with a group of friends, in particular Braque, laid the foundation for modern art. This talk covers the journey he made from academic art to abstract art and its impact of the development of art.

ANDREW LOCKWOOD

Wed 10:00-12:00

18SS086 DRAWING CARTOONS

17 January

Location: MPR. Can't draw, won't draw, but wish you could? You won't become an artist of Cartoons by attending Summer School, but it might be fun and perhaps it may be instructional and illuminating. Bring a black marker pen, a pencil and an eraser.

BILL STAMFORD

Wed 12:00-1:00

18SS087 GREEK DANCING BEGINNERS

17 January

Location: Seniors Hall. All welcome to come and enjoy in a relaxed atmosphere.

MARIA MAKRIDES

Wed 10:00-12:00

18SS089 ACTIVE CONTEMPLATION

17 January

Location: Plato. Dissolve stress and negative emotion. Meditation not working for you or is it boring? Having trouble calming thoughts, takes too long? This approach welcomes you to watch for negative thoughts and how to dissolve them. Your thoughts will slow down and a deep calm can result. No need to stay in a meditative state for too long.

COLIN CARTER

Wed 1:00-3:00

18SS091 CARD GAME HAND & FOOT

17 January

Location: Room 8. Some card knowledge is a benefit to playing this game.

BARBARA RYDER

Wed 12:00-3:00

18SS093 PREPARING A PRESENTATION

17 January

Location: Plato. This short half-day program is designed for members of U3A to plan and prepare a presentation. Members are often given the opportunity to share their skills with others but frequently say, no, as they are unsure where to start and what could go wrong. This session will give you confidence to take that next step into the unknown.

ROB ELLIS

Wed 10:00-12:00

18SS095 TRIVIA QUIZ

17 January

Location: Seniors Hall. A light-hearted quiz session of general knowledge. Teams of four will be formed on the day to give everyone an equal chance of winning. The only prize will be bragging rights of being a U3A Egghead!

VALERIE DONLON & SANDRA COURTNEY

Wed 1:00-3:00

18SS: SUMMER SCHOOL

18SS097 THE MYTHS OF PALLIATIVE CARE

17 January

Location: Room 5. This speaker from Eastern Palliative Care will discuss common perceptions and issues regarding palliative care.

MARGARET YOUNG

Wed 1:00-3:00

18SS099 A VERY, VERY COLD CASE

17 January

Location: MPR. In 1991 the body of a man was found buried in the ice and snow of Otzal Alps, Italy. The corpse was 5,300 years old! Not only was it Europe's oldest mummy, it was preserved by natural means and nearly intact and surrounded by some tools and garments. As technology advanced over the next 20 years many disciplines and over 100 scientists became involved in forensic investigations to uncover the details of this man's existence – his diet, injuries and illnesses throughout his lifetime as well as where he lived and how he died.

ELIZABETH PITTMAN

Wed 1:00-3:00

18SS101 WALKING THE CAMINO

17 January

Location: Namatjira. This session provides historical and current day background information about the Camino and introduces participants to a number of the more tranquil and picturesque Pilgrim pathways that lead to Santiago de Compostela.

DIANE McDONALD

Wed 1:00-3:00

18SS103 EQUIP 4 LIFE

18 January

Location: Namatjira. This program consists of information sessions designed to help you modify your lifestyle in terms of diet, reading food labels, functional and evidence-based exercise programs, reducing stress and improving sleeping habits. The program helps you to meet your personal health goals and includes a one-on-one lifestyle consultation with a health professional followed by 5 x 90 min group sessions AT U3A over 6 months, facilitated by a qualified dietician and exercise physiologist.

MATTHEW SHANKS

Thu 10:00-12:00

18SS105 ETHICAL LIVING

18 January

Location: MPR. Living Ethically: a playful examination of serious issues: relationships, finance, the environment, community and food. What does it mean to live an ethical life? What prevents us and what helps us? Participants will have an opportunity to discuss these issues in a friendly, non-judgemental learning environment.

LIZ HOOPER

Thu 10:00-12:00

18SS106 LINE DANCING: AN INTRODUCTION

18 January

Location: Seniors Hall. If you have ever wanted to take up Line Dancing but not sure if it is for you, this is your opportunity to come and try in a relaxed atmosphere.

LAN TIET

Thu 10:00-12:00

18SS107 LISTEN TO CLASSIC BBC RADIO PROGRAMS

18 January

Location: Room 5. Following a BBC search for tapes of missing programs: we are now able to hear comedies and dramas from the 30s, 40s, 50s and 60s that were thought lost.

ALBERT ISAACS

Thu 10:00-12:00

18SS: SUMMER SCHOOL

18SS109 SHORT WALK

18 January

St Kilda to Southgate via Parks and Gardens. This is a 9 km walk via parks and gardens starting from the old St Kilda Station at Fitzroy Street, St Kilda. The walk goes around Albert Park Lake to St Kilda Road and continues past the Shrine of Remembrance to the Observatory and through the Botanic Gardens to the Yarra River. After crossing the river the walk continues past AAMI Park, the MCG, through the Fitzroy and Treasury Gardens and Birrarung Marr, and along the Yarra to finish at Southgate.

DAVID PATSTON

Thu 9:30

18SS111 TATTING FOR BEGINNERS

18 January

Location: Room 8. Tatting for Absolute Beginners. Tatting is 'lace making' with a shuttle and a ball of thread. Materials will be provided at a cost of \$3 per person to be paid to the leader at the class.

YVONNE DE SOUSA

Thu 10:00-3:00

18SS113 FIRST AID: AN INTRODUCTION

18 January

Location: Namatjira. Provides participants with basic first aid knowledge to manage common injuries. Topics covered include fainting, wounds and bleeding, choking, burns, sprains and strains. There will be opportunity for discussion and practice.

ANNE HOLLAND

Thu 1:00-3:00

18SS115 PLAN TO LIVE YOUR AGED CARE JOURNEY

18 January

Location: Room 5. Wendy Calder is the Principal Nurse at Aged Citizens on the Move. The essence of this session is to discuss the changes that have occurred in the Aged Care sector and what this means to you as a consumer.

WENDY CALDER

Thu 1:00-3:00

18SS117 SUDOKU

18 January

Location MPR Come along, have fun and learn how to solve Sudoku. No experience needed.

YVONNE WOON

Thu 1:00-2:00

18SS119 YOGA

18 January

Location: Seniors Hall. Have you thought about joining a Yoga class? This is an opportunity for you to come and try in a relaxed atmosphere.

YVONNE WOON

Thu 2:15-3:30

COMPUTER COURSES FOR TERM 1, 2018

CAN BE VIEWED ON OUR WEBSITE

WWW.U3ANUNAWADING.COM.AU

&

ARE INCLUDED IN OUR NOVEMBER 2017 NEWSLETTER.

