



**NUNAWADING**  
UNIVERSITY OF THE THIRD AGE

# 2019 Course Guide

<p><b>Nunawading Community Centre</b> 16 Silver Grove, Nunawading</p> <p>Room 3: <i>Ground Floor</i></p> <p>Room 5: <i>Upstairs</i></p> <p>Room 8: <i>Ground Floor</i></p> <p>Room 9: <i>Upstairs</i></p> <p><b>Multi Purpose Room (MPR):</b> <i>Ground Floor</i></p> <p><b>Namatjira Room:</b> <i>Ground Floor</i></p> <p><b>Plato Room:</b> <i>Ground Floor</i></p> <p><b>Stadium:</b> <i>Ground Floor</i></p> <p><b><u>Other Silver Grove Locations</u></b></p> <p><b>Anglers Club:</b> <i>4 Silver Grove</i></p> <p><b>Seniors Hall &amp; Seniors Meeting Room:</b> <i>22 Silver Grove</i></p> <p><b>Building 14:</b> <i>14 Silver Grove</i></p>	<p style="text-align: center;"><b><u>Outside Locations</u></b></p> <p><b>Computer Centre &amp; Conference Room:</b> <i>1<sup>st</sup> Floor 79 Mahoneys Road, Forest Hill</i></p> <p><b>Activity Centre, AdventCare Retirement Village,</b> <i>2A Laughlin Ave, Nunawading</i></p> <p><b>Kilsyth Sports Stadium,</b> <i>115 Liverpool Road Kilsyth</i></p> <p><b>Blackburn Bowls Club,</b> <i>65 Pakenham Street, Blackburn</i></p> <p><b>Morack Public Golf Course,</b> <i>Morack &amp; East Roads, Morack South</i></p> <p><b>Eley Park Community Centre,</b> <i>Eley Road, Blackburn South</i></p> <p><b>Regis Aged Care (Rosella Room),</b> <i>40 Central Road, Blackburn</i></p>
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## Office Contact Details

**U3A Nunawading Inc.**  
**ABN 13 738 482 624**  
**16-20 Silver Grove**  
**Nunawading**  
**VIC 3131**

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## IMPORTANT INFORMATION

**Fees:** The annual Membership Fee for 2019 is \$75. This fee enables you to attend classes with no additional payment unless specifically noted in the Course Guide.

**Acceptance into Classes:** If you are on a waitlist for a class and a vacancy occurs, you will be contacted by email (or phone if you do not have email). **Please do not attend a class unless you are advised that you have been accepted into that class.**

**Class Selection Limit:** Initially, you will only be able to enrol in **THREE** classes. Class limit does not apply to Computer Classes, Summer School or Volunteering. This limit will be lifted after **Friday 7 December, 2018**. As the office will be closed from 5 December, you will only be able to increase your number of classes online until we re-open the office for Summer School on Tuesday 8 January. Alternatively, you may complete an Orange Form with any additional classes you wish to join, leave it at the office and it will be processed over the holiday break. You will be advised as to whether or not you have been accepted into any additional classes.

**Restricted Classes:** Some classes have a restriction placed on them due high demand. Therefore, you will only be able to enrol in one Restricted class within a course group. These classes are marked with an 'R' in the course code.

**Attendance:** As many classes have waitlists, please do not enrol in a class unless you expect to attend most of the sessions. If you are going to be absent due to illness, travel or babysitting duties, please let us know so that we can make a note on the roll. If you are absent for three or more consecutive classes and we have not heard from you, you may be removed from the class list. Apologies can be marked by you on the roll in advance if you know you are going to be absent or made by emailing [admin@u3anunawading.org.au](mailto:admin@u3anunawading.org.au) or telephoning the office on **9878 3898**.

**Withdrawal from Class:** If you decide to withdraw from a class for whatever reason, please complete an Orange Form and give it to one of our Office Volunteers on the Front Desk.

**Access to Classrooms:** Some facilities we use do not permit easy access for those with mobility issues. Please note that there is no lift for upstairs rooms at Silver Grove.

**Physical Activity Classes:** Members are solely responsible for their own level of participation in any exercise class or activity. Some classes require participants to complete a Health Assessment Form, which is indicated after the course description.

**Heat Policy:** Outdoor and Indoor Classes may be cancelled or modified in accordance with our Heat Policy. *Please refer to page 4 for details.*

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 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.**

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### **Please Note:**

The **2019 Summer School Program** and **Term 1 Computer Class Descriptions** are published separately.

The U3A Nunawading **Heat Policy** is on page 4.

Information about the requirement for a **Health Assessment Form** is on page 11.

# VOLUNTEERING OPPORTUNITIES AT U3A

U3A Nunawading is run entirely by volunteers, so if you would like to contribute in some way, please select one or more of the Course Codes below when enrolling.

## **19AAVOL1: Volunteer to help in Office**

**Dates: 04/02/2019 - 22/11/2019**

**Location: Silver Grove Office**

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 a month) and we will contact you to discuss further. Note: This selection is not counted in the maximum number of courses in which you can enrol.

## **19AAVOL2: Volunteer for Committee of Management**

**Dates: 04/02/2019 - 22/11/2019**

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 in which you can enrol.

## **19AAVOL3: Volunteer for Social Committee**

**Dates: 04/02/2019 - 22/11/2019**

If you wish to volunteer for the Social Committee to help with our social events. 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.

## **19AAVOL4: Volunteer to Lead a Course**

**Dates: 04/02/2019 - 22/11/2019**

All of our Class Leaders are Volunteers who share their knowledge and skills. You do not need to be trained Teacher just have a good knowledge of a subject. 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 in which you can enrol.

## **19AAVOL5: Volunteer to help with Publicity**

**Dates: 04/02/2019 - 22/11/2019**

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

### **U3A NUNAWADING HEAT POLICY**

**Outdoor Activities** such as Walking, Golf and Bowls may be cancelled or modified if the weather forecast is for 29 degrees or higher, at the discretion of the Class Leader and Course Administrator.

**Indoor Activities**, in particular Exercise or Dance, will be modified if the weather forecast is for 35 degrees or higher, at the discretion of the Class Leader and Course Administrator.

# ART

## **19ART001: Art History & Appreciation 1**

**Dates: 04/02/2019 - 18/11/2019**

**Location: MPR**

**Type: Long Course**

**Weekly, Mon 11:00 - 12:30**

**Class Leader: Barbara Sommers**

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.

## **19ART003: Art History and Appreciation 2**

**Dates: 08/02/2019 - 22/11/2019**

**Location: MPR**

**Type: Long Course**

**Weekly, Fri 9:30 - 10:45**

**Class Leader: Andrew Lockwood**

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.

## **19ART005: Colouring for Relaxation**

**Dates: 06/02/2019 - 20/11/2019**

**Location: 14 Silver Grove**

**Type: Long Course**

**Weekly, Wed 9:15 - 10:30**

**Class Leader: Linda Parisi**

Bring along your coloured pencils or pens, a colouring book or images. Join others in a relaxing session of colouring. Information will be provided and shared regarding colour mediums, types of paper, where to find images, selecting colours, shading and light source etc. Some colouring experience is required as this class is continuing from last year.

## **19ART007: Chinese Calligraphy**

**Dates: 23/04/2019 - 21/05/2019**

**Location: Seniors Meeting Room**

**Type: Short Course**

**Weekly, Tue 2:45 - 4:00**

**Class Leader: Patrick Kan**

This is a 5-session introductory course into Single Character Chinese Calligraphy. The focus is on the techniques of using the Chinese brush and the composition of single Chinese characters. The compulsory materials for the course include 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. If you were a member of this class in 2016/17/18 and would like to extend your knowledge, you do not need to purchase any new equipment.

## **19ART009: Drawing and Painting**

**Dates: 05/02/2019 - 19/11/2019**

**Location: Namatjira Room**

**Type: Long Course**

**Weekly, Tue 1:30 - 3:00**

**Class Leader: Naomi Aitchison**

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

## **19ART011: Drawing with Coloured Pencils**

**Dates: 06/02/2019 - 20/11/2019**

**Location: Namatjira Room**

**Type: Long Course**

**Weekly, Wed 9:00 - 11:00**

**Class Leader: Naomi Aitchison**

Explore the basic techniques of using coloured pencils to create or add to your art work. For new students, materials will be discussed at the first class. For continuing students there will be still more to learn.

**19ART013: Drawing and Sketching 1****Dates: 07/02/2019 - 21/11/2019****Location: MPR**

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

**Type: Long Course****Weekly, Thu 11:15 - 12:45****Class Leader: Paul Makinson****19ART015: Drawing and Sketching 2****Dates: 07/02/2019 - 21/11/2019****Location: MPR**

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

**Type: Long Course****Weekly, Thu 1:00 - 2:30****Class Leader: David Blain****19ART017: Drawing with Pastels****Dates: 07/02/2019 - 21/11/2019****Location: Namatjira Room**

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

**Type: Long Course****Weekly, Thu 2:30 - 4:00****Class Leader: Joan-Maree Symons****19ART019: Drawing with Pen and Ink****Dates: 04/02/2019 - 18/11/2019****Location: Room 5**

Explore the media 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.

**Type: Long Course****Weekly, Mon 9:15 - 10:30****Class Leader: Leonie Scott****19ART021: Film Making****Dates: 08/02/2019 - 22/11/2019****Location: Room 5**

There will be some theory but this is a hands on course on film making. Learn how to tell a story through images. This primary role is directing, but you will work with and maybe write scripts. We will act, film, edit the films ourselves giving you a very close look at what happens behind the scenes and an opportunity to try yourself. Big on planning, storyboards and shooting scripts. Opportunities to look at post production. Equipment will be provided or you can bring your own. This class is a lot of fun but needs commitment.

**Type: Long Course****Weekly, Fri 12:00 - 3:00****Class Leader: Norman Lingwood****19ART023: Photography as a Hobby****Dates: 04/02/2019 - 18/11/2019****Location: Room 5**

For anyone who has a digital camera and is interested in learning how to use it. 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.

**Type: Long Course****Weekly, Mon 2:45 - 4:00****Class Leader: Archie Kaan****19ART025: Tonal Drawing****Dates: 07/02/2019 - 21/11/2019****Location: Room 9**

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

**Type: Long Course****Weekly, Thu 1:30 - 3:30****Class Leader: Ulanda Kondoyiannis**

**19ART027: Watercolour 1****Dates: 04/02/2019 - 18/11/2019****Location: Room 5****Type: Long Course****Weekly, Mon 12:30 - 2:30****Class Leader: Col Glendinning**

This is not a course for beginners. It is a self-help course with all members sharing skills.

**19ART029: Watercolour 2****Dates: 06/02/2019 - 20/11/2019****Location: Namatjira Room****Type: Long Course****Weekly, Wed 1:15 - 3:15****Class Leader: Tony Tossel**

This course is open to novice and experienced watercolour painters. The number of beginners to be accepted will be limited in order to cater adequately to all applicants. Upon enrolment you will be waitlisted for this class. The leader will contact all applicants to assess their level of competency with watercolour painting prior to being accepted into the class. Beginners are welcome to apply.

## CRAFT

**19CRA001: Card Making****Dates: 06/02/2019 - 13/11/2019****Location: Building 14****Type: Long Course****Weekly, Wed 10:45 - 12:15****Class Leader: Cynthia Rees**

You will have the opportunity to make greeting cards for those very special occasions. This is a self-help course with participants expected to share ideas and skills. Attendees will need to provide their own resource and card making equipment.

**19CRA003: Christmas Paper Craft****Dates: 09/10/2019 - 20/11/2019****Type: Short Course****Class Leader: Kitty Wong**

You will learn to make various Christmas ornaments over 5 weeks and the final class will be spent trimming the U3A Christmas tree with your masterpieces. This class commences in Term 4.

**19CRA005: Crochet for Beginners****Dates: 04/02/2019 - 24/06/2019****Location: Plato Room****Type: Short Course****Weekly, Mon 9:15 - 11:15****Class Leader: Alison Phillips**

**Terms 1 and 2 only.** This is a structured, progressive, skill building class and will cover, understanding fibers and tools, pattern and chart reading, basic stitches, common beginnings and endings, common increases and decreases; basic finishing. At times there may be homework set to provide the basis for the work in the following class. **CLASS MATERIALS:** notebook and writing materials, loose leaf folder, 1 x 200gr ball Bendigo Woollen Mills Classic 8 ply in a pale colour, eg 602 Almond, 659 Magnolia, 669 Rosebud or 694 Maize. This can be ordered from The Mill Online or by telephoning 5442 4600. 4.00mm and 4.5mm crochet hook old UK 7 & 8 preferably metal. Do not purchase the Boye hooks as these are in USA sizes. Class projects may be set.

**19CRA007: Crochet Intermediate****Dates: 22/07/2019 - 18/11/2019****Location: Plato Room****Type: Short Course****Weekly, Mon 9:15 - 11:15****Class Leader: Alison Phillips**

**Terms 3 & 4.** Students will be expected to have at least basic skills and be able to read patterns and charts. Topics include 'Chainless' foundation stitches, colour work, cables, lace, other fancy stitches, edgings, modular work, beads. Tunisian crochet, garment shaping and construction and finishing techniques. Students will be encouraged to choose a project to challenge their skills during the course of the classes. **CLASS MATERIALS,** notebook and writing materials, loose leaf folder, Bendigo Woollen Mills Classic 8 ply in at least 2 contrasting colours, appropriate hooks.

**19CRA009: Knitting Beginners****Dates: 05/02/2019 - 25/06/2019****Location: Plato Room**

**Terms 1 & 2 only.** This is a structured, progressive, skill-building course and will cover understanding fibers and tools, pattern reading, basic stitches, common beginnings and endings, common increases and decreases, basic finishing. At times there may be homework set to provide the basis for the work in the following class. **CLASS MATERIALS:** notebook and writing materials, loose leaf folder, 1 x 200g Bendigo Woollen Mills Classic 8-ply in a pale colour, eg 602 Almond, 659 Magnolia, 669 Rosebud or 694 Maize. This can be ordered from The Mill Online or by telephoning 5442 4600. 4mm (old UK size 8) knitting needles, preferably metal or smooth wood. As the course progresses students may choose to start a project and will be assisted with this.

**Type: Short Course****Weekly, Tue 11:15 - 1:00****Class Leader: Alison Phillips****19CRA011: Knitting Intermediate****Dates: 23/07/2019 - 19/11/2019****Location: Plato Room**

**Terms 3 & 4 only.** Students will be expected to have at least basic skills and be able to read patterns. Topics to be covered include more unusual beginnings and endings, colour work, cables, lace, other fancy stitches, charts, edgings, modular knitting, circular knitting, mobius knitting, beads, garment shaping and construction, finishing techniques. **CLASS MATERIALS:** notebook and writing materials, loose leaf folder, 1 x 200gm ball Bendigo Woollen Mills Classic 8 ply in at least 2 contrasting colours, appropriate needles. Students will be encouraged to choose a project to challenge their skills during the course of the classes.

**Type: Short Course****Weekly, Tue 11:15 - 1:00****Class Leader: Alison Phillips****19CRA013: Knitting Advanced****Dates: 05/02/2019 - 19/11/2019****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.

**Type: Long Course****Weekly, Tue 9:15 - 11:00****Class Leader: Beverley Wright****19CRA015: Needlework****Dates: 07/02/2019 - 21/11/2019****Location: Namatjira Room**

Designed to inspire needle-workers at any level to enjoy a variety of needlework projects.

**Type: Long Course****Weekly, Thu 12:00 - 2:15****Class Leader: Leonie Clyne****19CRA017: Patchwork 1****Dates: 05/02/2019 - 19/11/2019****Location: Namatjira Room**

For those with patchworking skills. Class projects may be set during the year. Assistance with UFOs.

**Type: Long Course****Weekly, Tue 9:30 - 11:30****Class Leader: Barbara Worcester****19CRA019: Patchwork 2****Dates: 07/02/2019 - 21/11/2019****Location: Namatjira Room**

The class is for beginners to learn the hand techniques of patchwork and quilting. Learn the basic skills to make a sampler quilt. The class will be made up of beginners and members who have had one year in this class. New beginners are welcome in Term 1 and Term 3.

**Type: Long Course****Weekly, Thu 9:15 - 11:30****Class Leader: Judy Leckie**



**19CRA021: Patchwork 3****Dates: 07/02/2019 - 21/11/2019****Location: Room 8**

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

**Type: Long Course****Weekly, Thu 9:30 - 11:30****Class Leader: Meryl McEwen****19CRA023: Patchwork 4****Dates: 06/02/2019 - 20/11/2019****Location: Namatjira Room**

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.

**Type: Long Course****Weekly, Wed 11:15 - 1:00****Class Leader: Anne Seeney****19CRA025: Sugar Craft****Dates: 06/02/2019 - 20/11/2019****Location: Activity Centre**

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.

**Type: Long Course****Weekly, Wed 10:45 - 12:00****Class Leaders: Lan Tiet & Kitty Wong****19CRA027: Tatting****Dates: 07/02/2019 - 21/11/2019****Location: Plato Room**

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.

**Type: Long Course****Weekly, Thu 2:00 - 3:30****Class Leader: Yvonne De Sousa**

## DANCE

**19DAN001: Ballroom Dancing 1****Dates: 04/02/2019 - 18/11/2019****Location: Jaycees Hall**

Australian New Vogue sequence dances. Lessons and social dance. It is preferable to come with a partner who must also be a financial member of U3A Nunawading. Rubber soled shoes and sport shoes are unsuitable for dancing. This is not a beginners class.

**Type: Long Course****Weekly, Mon 11:00 - 12:30****Class Leaders: Marco Ng & Grace Chung****19DAN003: Ballroom Dancing 2 (Sequence Dancing)****Dates: 05/02/2019 - 19/11/2019****Location: Jaycees Hall**

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

**Type: Long Course****Weekly, Tue 10:45 - 11:45****Class Leader: Liza Ng**

**19DAN005: Ballroom Dancing 3 (Evening Class)****Dates: 09/01/2019 - 20/11/2019****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 have a partner who is also a financial member of U3A Nunawading.

**Type: Long Course****Weekly, Wed 20:00 - 22:00****Class Leader: Beng Lee****19DAN007: Belly Dancing Experienced****Dates: 04/02/2019 - 18/11/2019****Location: Stadium**

A class for the experienced Belly Dancer. This class is not suitable for beginners.

**Type: Long Course****Weekly, Mon 2:45 - 3:45****Class Leader: Maria Makrides****19DAN009: Belly Dancing Techniques****Dates: 05/02/2019 - 19/11/2019****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.

**Type: Long Course****Weekly, Tue 2:15 - 3:15****Class Leader: Gabrielle P****19DAN011: Chinese Dance****Dates: 06/02/2019 - 20/11/2019****Location: Jaycees Hall**

Come and learn the basic Chinese classical dance and some ethnic dances such as Tibet dance plus Red Ribbon dance. Very good for your posture and movement as well as enhancing an understanding of Chinese culture.

**Type: Long Course****Weekly, Wed 12:15 - 1:15****Class Leader: Ying Zhao****19DAN013: Greek Dancing****Dates: 04/02/2019 - 18/11/2019****Location: Stadium**

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

**Type: Long Course****Weekly, Mon 1:30 - 2:30****Class Leader: Dianne Hardy****19DAN015: Line Dancing Beginners****Dates: 26/04/2019 - 22/11/2019****Location: Jaycees Hall**

**Commences Term 2.** 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. No new Beginners accepted in Terms 3 & 4.

**Type: Long Course****Weekly, Fri 1:30 - 2:30****Class Leader: Herminia Harrison****19DAN017: Line Dancing Experienced****Dates: 07/02/2019 - 21/11/2019****Location: Seniors Hall**

This is a class for the experienced line dancer. Line dances specially choreographed to aid memory in brain exercise and improve memory, concentration, cardio, muscle strength, bone density, group dynamics, social interaction, balance and posture.

**Type: Long Course****Weekly, Thu 2:00 - 4:00****Class Leader: Lan Tiet**

**19DAN019: Line Dancing Improver to Intermediate****Dates: 04/02/2019 - 18/11/2019****Location: Jaycees Hall****Type: Long Course****Weekly, Mon 9:30 - 10:45****Class Leader: Marie Pietersz**

This is dancing for all ages. No partner required. Light cardio workout has many health benefits such as memory retention, flexibility and balance and is sociable and fun. To enrol, members must be able to feel the rhythm of the music and be able to physically move to the standard required for this dance form. Not suitable for absolute beginners as they will be expected to keep up with the improver level dances.

**19DAN021: Philippine Cultural Dancing****Dates: 26/04/2019 - 22/11/2019****Location: Jaycees Hall****Type: Long Course****Weekly, Fri 3:00 - 4:00****Class Leader: Herminia Harrison**

**Commences Term 2.** As varied 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.

**19DAN023: Rock and Roll Beginners****Dates: 05/02/2019 - 19/11/2019****Location: Jaycees Hall****Type: Long Course****Weekly, Tue 1:15 - 2:15****Class Leaders: Manuel Alexiou & Nancy Wong**

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

**19DAN025: Rock and Roll Intermediate****Dates: 06/02/2019 - 20/11/2019****Location: Jaycees Hall****Type: Long Course****Weekly, Wed 1:30 - 2:30****Class Leaders: Manuel Alexiou & Nancy Wong**

This is a class for those members who have attended the Beginners class and been identified as having the skills to move into an intermediate class.

## ***Health Assessment Form***

***Participation in our more active Dance, Exercise and Walking classes is possible only if you provide a Health Assessment Form signed by your Health Practitioner.***

***Classes where you are required to provide a Health Form are indicated. Forms are available from the Silver Grove Office or from relevant Class Leaders. If you participate in more than one class requiring a form, a photocopy of the signed form is acceptable.***

## **DANCE *Restricted***

***Please Note: You can choose only ONE class with a 19DANR course code.***

**19DANR27: Zumba 1**

**Dates: 06/02/2019 - 20/11/2019**

**Location: Seniors Hall**

**Type: Long Course**

**Weekly, Wed 12:15 - 1:15**

**Class Leader: Paulina Chong**

This is a fun and enjoyable workout class to get your body moving and to invigorate your energy levels. Originally based on Latin and International dance rhythms, it integrates easy-to-learn routines designed to tone your body and improve your cardio fitness. BYO drink and towel. Closed toe shoes recommended.

***Health Assessment Form Required.***

**19DANR29: Zumba 2**

**Dates: 05/02/2019 - 19/11/2019**

**Location: Seniors Hall**

**Type: Long Course**

**Weekly, Tue 3:15 - 4:15**

**Class Leader: Betsy Gumma**

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. With its easy-to-follow routines, no dance experience is necessary as Zumba is designed for everyone. You just need a willingness to move to the music and have fun. Light comfortable clothing and runners are recommended. BYO water bottle and towel.

***Health Assessment Form Required.***

**19DANR31: Zumba 3**

**Dates: 04/02/2019 - 18/11/2019**

**Location: Jaycees Hall**

**Type: Long Course**

**Weekly, Mon 1:00 - 2:00**

**Class Leader: Chris Winterbine**

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. You just need a willingness to move to the music and have fun. Light clothing and runners are recommended. BYO water bottle and towel.

***Health Assessment Form Required.***

## **EXERCISE General Fitness**

**19EXEF01: Chair Based Exercise**

**Dates: 07/02/2019 - 21/11/2019**

**Location: Activity Centre**

**Type: Long Course**

**Weekly, Thu 12:30 - 1:30**

**Class Leader: Karen Postill**

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!

**19EXEF03: Fundamental Exercise for Men**

**Dates: 04/02/2019 - 18/11/2019**

**Location: Stadium**

**Type: Long Course**

**Weekly, Mon 11:15 - 12:15**

**Class Leader: Dianne Michael**

Gentlemen, this is your opportunity to get fit in a fun and stimulating environment. This class includes cardio, resistance, strength, circuit training and boot camp. An exercise mat, drink bottle, small towel and, if required, a small cushion or neck support for when lying on the floor. As some exercises and stretching are performed lying on the exercise mat, it is essential that you have the ability to safely get down and up from the floor.

***Health Assessment Form Required.***

**19EXEF05: Gentle Exercise****Dates: 06/02/2019 - 20/11/2019****Location: Seniors Hall****Type: Long Course****Weekly, Wed 9:30 - 10:30****Class Leader: Karen Postill**

Enjoy gentle exercise to music with emphasis on maintaining and retaining balance, strength, and mobility in a warm and friendly environment, with no floor work involved.

**19EXEF07: Walking Group Gentle****Dates: 05/02/2019 - 19/11/2019****Locations: Various****Type: Long Course****Weekly, Tue 10:00 – 11:30****Class Leader: Lily Van Ryswick**

If you want to keep walking but stairs and steep hills are an issue, this course will suit you. You will need to be able to walk confidently without having to worry about hills and steps.

**19EXEF09: Walking Group 1****Dates: 06/02/2019 - 20/11/2019****Locations: Various****Type: Long Course****Weekly, Wed 10:00 - 12:00****Class Leaders: Adrienne Jardine & Caroline Somerville**

Walking is one of the best weight-bearing exercises to keep fit and healthy. List of venues will be emailed to you or available from the Leaders' pigeonhole.

***Health Assessment Form Required.*****19EXEF11: Walking Group 2****Dates: 06/02/2019 - 20/11/2019****Locations: Various****Type: Long Course****Weekly, Wed 10:00 - 12:00****Class Leader: Barry Ellis**

Walking is one of the best weight-bearing exercises to keep fit and healthy. List of venues will be emailed to you or available from the Leader's pigeonhole.

***Health Assessment Form Required.*****19EXEF13: Walking Bush****Dates: 04/02/2019 - 18/11/2019****Locations: Various****Type: Long Course****Monthly, Mon 8:00 - 0:00****Class Leader: Gillian Wainwright**

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. Please allow a full day to enjoy a range of walking opportunities in our diverse environment. Walking is one of the best weight-bearing exercises to keep fit and healthy. List of venues will be emailed to you or available from the Leader's pigeonhole.

Day walks, generally 12km depending on terrain, will be planned in bush locations that contain tracks that may be steep, rocky, wet, muddy or on uneven surfaces. Public toilets are not generally available during the walk and lunch is typically sitting on logs, boulders or ground. Adverse weather conditions may occur and participants will be expected to carry wet weather gear and wear stout walking boots/shoes. Meet at 8am for car pooling arrangements. Expected return approximately 4pm. A good guide to fitness would be ability to walk up the Kokoda steps at Ferntree Gully.

***Health Assessment Form Required***

**19EXEF15: Walking Nordic**  
**Dates: 05/02/2019 - 19/11/2019**  
**Locations: Various**

**Type: Long Course**  
**Weekly, Tue 9:00 - 12:00**  
**Class Leader: Kathy Leitch**

Nordic walking is fitness using walking poles. U3A poles supplied first term. You must be able to walk 5k/hour for two hours. Weather conditions may mean the class will be cancelled at the discretion of the Leader or the Course Administrator. You will be contacted if the class is cancelled. Leader will email participants each term the program of walks, or you can pick up one from the Leader's pigeonhole.

***Health Assessment Form Required.***

**19EXEF17: Walking Short Walks**  
**Dates: 21/3/2019 - 21/11/2019**  
**Locations: Various**

**Type: Long Course**  
**Monthly, Thu**  
**Class Leader: David Patston**

The first walk will be on March 21st in the Newport area David is an experienced walker and has led many walks around Victoria. More detailed information on acceptance into class.

***Health Assessment Form Required.***

## **EXERCISE General Fitness *Restricted***

***Please Note: You can choose only ONE class with a 19EXEFR course code.***

**19EXEFR1: Fit and Active 1**  
**Dates: 04/02/2019 - 18/11/2019**  
**Location: Stadium**

**Type: Long Course**  
**Weekly, Mon 10:00 - 11:00**  
**Class Leader: Dianne Michael**

A fun way to maintain or achieve a higher level of cardio fitness, strength, flexibility and balance. As some exercises and stretching are performed lying on your exercise mat, the ability to safely get down to and up from the floor is required. You need to bring a water bottle, small towel and an exercise mat.

***Health Assessment Form Required.***

**19EXEFR2: Fit and Active 2**  
**Dates: 05/02/2019 - 19/11/2019**  
**Location: Stadium**

**Type: Long Course**  
**Weekly, Tue 1:00 - 2:00**  
**Class Leader: Dianne Michael**

A fun way to maintain or achieve a higher level of cardio fitness, strength, flexibility and balance. As some exercises and stretching are performed lying on your exercise mat, the ability to safely get down to and up from the floor is required. You need to bring a water bottle, small towel and an exercise mat.

***Health Assessment Form Required.***

**19EXEFR3: Fit and Active 3**  
**Dates: 07/02/2019 - 21/11/2019**  
**Location: Seniors Hall**

**Type: Long Course**  
**Weekly, Thu 8:45 - 9:45**  
**Class Leader: Bev Baseden**

This energetic exercise class offers intense training including Tabata, Balance and Weights plus fun dance-based exercises to music. Mat and drink bottle required. Mat work requires that you are able to get up and down from the floor. It is recommended that you attend on a regular basis to get the most out of your exercise.

***Health Assessment Form Required.***

**19EXEFR4: Fit & Active 4****Dates: 06/02/2019 - 13/11/2019****Location: Stadium**

This energetic exercise class offers intense training including Tabata, Balance and Weights plus fun dance based exercises to music. Mat and drink bottle required. Mat work requires that you are able to get up and down from the floor. It is recommended that you attend on a regular basis to get the most out of your exercise.

***Health Assessment Form Required.*****Type: Long Course****Weekly, Wed 9:00 - 10:00****Class Leader: Bev Baseden****19EXEFR5: Moderate Active 1****Dates: 06/02/2019 - 20/11/2019****Location: Jaycees Hall**

Cardio work is included for up to eight minutes each week. Also included is Tabata, Core Strength, Balance, Mat work and stretching. You will need to bring a mat for floor work. It is recommended that you attend regularly to gain the most from your exercise.

***Health Assessment Form Required.*****Type: Long Course****Weekly, Wed 9:45 - 10:45****Class Leader: Barb Ryder****19EXEFR6: Moderate Active 2****Dates: 07/02/2019 - 21/11/2019****Location: Seniors Hall**

Cardio work is included for up to eight minutes each week. Also included is Tabata, Core Strength, Balance, Mat work and stretching. You will need to bring a mat for floor work. It is recommended that you attend regularly to gain the most from your exercise.

***Health Assessment Form Required.*****Type: Long Course****Weekly, Thu 10:00 - 11:00****Class Leader: Barb Ryder**

## **EXERCISE Movement and Meditation**

**19EXEM01: Eight Form Moving Meditation****Dates: 05/02/2019 - 19/11/2019****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. Walking and sitting meditation is included.

**Type: Long Course****Weekly, Tue 11:00 - 12:45****Class Leader: Kam Lau****19EXEM03: Meditation****Dates: 06/02/2019 - 20/11/2019****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.

**Type: Long Course****Weekly, Wed 11:30 - 1:00****Class Leader: Carmen Bongailas****19EXEM05: Moving and Stillness with Yoga and Pilates****Dates: 07/02/2019 - 21/11/2019****Location: Seniors Hall**

The 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 still our body and our mind. We practise creating spaciousness in our bodies and minds so that we move with better awareness and ease and our minds less cluttered. We use a few props such as a blanket and blocks.

***Health Assessment Form Required.*****Type: Long Course****Weekly, Thu 17:30 - 18:30****Class Leader: Gillian Teo**

**19EXEM07: Pilates/Fit Ball** **Type: Long Course**  
**Dates: 05/02/2019 - 19/11/2019** **Weekly, Tue 9:30 - 10:15**  
**Location: Regis Aged Care** **Class Leader: Dianne Michael**

Strengthen your entire core, develop long strong muscles while increasing flexibility and improving overall posture and balance. Fitballs will be used in this class. You will be required to provide your own Pilates Mat and Fitball.

***Health Assessment Form Required.***

**19EXEM09: Self Defence** **Type: Long Course**  
**Dates: 07/02/2019 - 21/11/2019** **Weekly, Thu 12:30 - 1:30**  
**Location: Room 5** **Class Leader: Tony Susac**

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.

**19EXEM11: Stretch and Strengthen** **Type: Long Course**  
**Dates: 06/02/2019 - 20/11/2019** **Weekly, Wed 9:30 - 10:30**  
**Location: Activity Centre** **Class Leader: Liz Bednall**

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 session is held at the end of the class. Students should bring along a mat.

***Health Assessment Form Required.***

**19EXEM13: Tai Chi 1 Simplified 24 Form** **Type: Long Course**  
**Dates: 06/02/2019 - 20/11/2019** **Weekly, Wed 11:00 - 12:00**  
**Location: Jaycees Hall** **Class Leader: Rita Chew**

Assistant Leaders: Sue Ebert and Sumiko Miyazaki. This is a course suitable for beginners or those who have done a little bit of Tai Chi. The course will emphasize 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 your mind and body. A good degree of commitment is required. No new enrolments after Term 1. Those who have completed two years of this class and would like to re-enroll will be waitlisted until Term 2.

**19EXEM15: Tai Chi 2 Shibashi** **Type: Long Course**  
**Dates: 07/02/2019 - 21/11/2019** **Weekly, Thu 11:30 - 12:15**  
**Location: Seniors Hall** **Class Leader: Evelyn Bowman**

A gentle and beautiful Oriental exercise.

**19EXEM17: Tai Chi 3A QiGong** **Type: Long Course**  
**Dates: 08/02/2019 - 22/11/2019** **Weekly, Fri 9:30 - 10:30**  
**Location: Eley Park Community Centre** **Class Leader: Lesley Sinfield**

Qigong uses Tai Chi principles but does not involve learning a specific form. 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. 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.



**19EXEM19: Tai Chi 3B QiGong****Dates: 08/02/2019 - 22/11/2019****Location: Eley Park Community Centre****Type: Long Course****Weekly, Fri 10:45 - 11:45****Class Leader: Lesley Sinfield**

Qigong uses Tai Chi principles but does not involve learning a specific form. 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. 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, about participating, seek medical advice.

**19EXEM21: Tai Chi 3C QiGong****Dates: 07/02/2019 - 21/11/2019****Location: Activity Centre****Type: Long Course****Weekly, Thu 11:30 - 12:15****Class Leader: Lesley Sinfield**

Qigong uses Tai Chi principles but does not involve learning a specific form. 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. 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 about participating, seek medical advice.

**19EXEM23: Tai Chi QiGong 4****Dates: 04/02/2019 - 18/11/2019****Location: Stadium****Type: Long Course****Weekly, Mon 12:30 - 1:15****Class Leader: Jasmine Teen**

QiGong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused 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.

**19EXEM25: Yang Family Taiji Quan Beginner****Dates: 06/02/2019 - 20/11/2019****Location: Stadium****Type: Long Course****Weekly, Wed 12:45 - 1:45****Class Leader: Frank Chai**

An introduction to the traditional 103 postures Long Form of the Yang Family School of Taiji Quan, as was taught by Yang Cheng Fu. Students will be instructed on Part 1 and Part 2 of the Long Form which consists of 54 postures, as well as the Eight Section Brocade and Lotus Qigong forms. Proficiency and health benefits will only be achieved through regular attendance and practice.

**19EXEM27: Yang Family Taiji Quan Intermediate****Dates: 06/02/2019 - 20/11/2019****Location: Stadium****Type: Long Course****Weekly, Wed 2:00 - 3:00****Class Leader: Frank Chai**

This class is not for Beginners. Students must have completed the Beginner Level class or equivalent. Students will be instructed on Part 3 of the Long Form, completing the 103 postures of the traditional Yang Family Long Form. Students can expect to further improve their form and proficiency, as well as develop a greater understanding of the full benefits of Taiji.

**19EXEM29: Yang Family Taiji Quan Advanced****Dates: 07/02/2019 - 21/11/2019****Location: Seniors Hall****Type: Long Course****Weekly, Thu 12:30 - 1:45****Class Leader: Frank Chai**

This class is restricted to only those students who have completed the Intermediate Level class and have demonstrated an acceptable level of proficiency and commitment. Students will be instructed on Push Hands (Fixed Step, Moving Step) and the Dao Yin Yang Sheng Qigong form. More advanced Taiji forms, such as the Tung Family Fast Form may be taught, subject to proficiency and interest. (Please note that due to accommodation limits, student numbers are strictly limited in this class.)

## **EXERCISE Movement and Meditation *Restricted***

***Please Note: You can choose only ONE class with a 19EXEMR course code.***

**19EXEMR1: Yoga 1****Dates: 05/02/2019 - 19/11/2019****Location: Jaycees Hall****Type: Long Course****Weekly, Tue 9:30 - 10:30****Class Leader: TBA**

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

***Health Assessment Form Required.***

**19EXEMR3: Yoga 2 - Flow Yoga****Dates: 05/02/2019 - 19/11/2019****Location: Seniors Hall****Type: Long Course****Weekly, Tue 9:15 - 10:30****Class Leader: Yvonne Woon**

Flow Yoga is a continuous sequence of Yoga exercises that require members to have some prior experience in yoga as well as a moderate level of physical fitness.

***Health Assessment Form Required.***

**19EXEMR5: Yoga 3****Dates: 04/02/2019 - 18/11/2019****Location: Activity Centre****Type: Long Course****Weekly, Mon 1:45 - 2:45****Class Leader: Helen Garbutt**

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

***Health Assessment Form Required.***

**19EXEMR7: Yoga 4****Dates: 05/02/2019 - 18/11/2019****Location: Jaycees Hall****Type: Long Course****Weekly, Tue 12:00 - 1:00****Class Leader: Yvonne Woon**

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 blocks.

***Health Assessment Form Required.***

# EXERCISE Sport

## **19EXES01: Badminton**

**Dates: 08/02/2019 - 22/11/2019**

**Location: Stadium**

**Class Leaders: Graham Haynes, Jean Tomlinson, George Wilson**

**Type: Long Course**

**Weekly, Fri 1:00 - 3:00**

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.

## **19EXES03: Bowls Beginners and Experienced**

**Dates: 05/02/2019 - 19/11/2019**

**Location: Blackburn Bowls Club**

**Type: Long Course**

**Weekly, Tue 10:00 - 11:30**

**Class Leader: Don Peake**

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.

## **19EXES05: Golf**

**Dates: 04/02/2019 - 18/11/2019**

**Location: Morack Golf Club**

**Type: Long Course**

**Weekly, Mon 7:30 - 12:00**

**Class Leader: Alice Jiew**

Experienced players only. Come along and enjoy an early morning social game. Meet at Pro Shop. Green fees are \$15.40 for Seniors for nine holes. Discount vouchers can be purchased for 18 holes. Bookings need to be made so each player must confirm attendance by email with Alice Jiew. This will be sent to you on acceptance into the class.

## **19EXES07: Table Tennis**

**Dates: 05/02/2019 - 19/11/2019**

**Location: Kilsyth Sports Centre**

**Type: Long Course**

**Weekly, Tue 10:00 - 12:00**

**Class Leader: Colin Smith**

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.

# GAMES

## **19GAM001: Card Game Hand and Foot**

**Dates: 06/02/2019 - 20/11/2019**

**Location: Room 8**

**Type: Long Course**

**Weekly, Wed 12:00 - 3:00**

**Class Leader: Barb Ryder**

If you enjoy playing Hand and Foot or just want to learn come along, knowledge of cards necessary. If you have played Canasta you will soon pick up Hand and Foot.

## **19GAM003: Chess**

**Dates: 06/02/2019 - 20/11/2019**

**Location: Building14**

**Type: Long Course**

**Weekly, Wed 1:45 - 3:45**

**Class Leader: Alan Gray**

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

**19GAM005: Contract Bridge**  
**Dates: 04/02/2019 - 18/11/2019**  
**Location: Namatjira Room**

**Type: Long Course**  
**Weekly, Mon 1:00 - 3:45**  
**Class Leader: Gilbert Foster**

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

**19GAM007: Mah Jong Eastern**  
**Dates: 05/02/2019 - 19/11/2019**  
**Location: Seniors Hall**

**Type: Long Course**  
**Weekly, Tue 1:00 - 3:00**  
**Class Leader: Herbert Yim**

Enjoy the class in a relaxed social atmosphere. Beginners welcome.

**19GAM009: Mah Jong Western**  
**Dates: 04/02/2019 - 18/11/2019**  
**Location: Namatjira Room**

**Type: Long Course**  
**Weekly, Mon 9:30 - 11:30**  
**Class Leader: Kay Senyard and Val Lynch**

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

**19GAM011: Scrabble**  
**Dates: 04/02/2019 - 18/11/2019**  
**Location: Activity Centre**

**Type: Long Course**  
**Weekly, Mon 9:30 - 11:30**  
**Class Leader: Joan Kelleher**

Recent Canadian research has shown that playing Scrabble may lower the risk of mental illness, make you happy, reduce blood pressure, improve the immune system, and improve memory. So come along and join in this stimulating and exciting game.

## HISTORY

**19HIS001: Ancient Egyptian History**  
**Dates: 04/02/2019 - 18/11/2019**  
**Location: Activity Centre**

**Type: Long Course**  
**Weekly, Mon 12:15 - 1:30**  
**Class Leader: Joan Kelleher**

This course will take us from the pyramids to the golden treasures of Tutankamun 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.

**19HIS003: Big History**  
**Dates: 05/02/2019 - 19/11/2019**  
**Location: MPR**

**Type: Long Course**  
**Weekly, Tue 12:00 - 1:00**  
**Class Leader: Albert Ip**

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 sustainable future. In 2019, the course will start from the beginning again.

**19HIS005: China Today**  
**Dates: 05/02/2019 - 19/11/2019**  
**Location: MPR**

**Type: Long Course**  
**Weekly, Tue 1:00 - 2:00**  
**Class Leader: Albert Ip**

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, from festivals and anything of interest.

**19HIS007: European History 19th & 20th Century** **Type: Long Course**  
**Dates: 05/02/2019 - 19/11/2019** **Weekly, Tue 11:45 - 1:15**  
**Location: Namatjira Room** **Class Leader: Tony Walther**  
This course covers the turbulent history of Europe of the 19th and 20th Century. The revolutions of 1848, the unification of Germany, the rise of socialism, World War I and the Russian revolution of 1917.

**19HIS009: Family History Genealogy Beginners** **Type: Long Course**  
**Dates: 08/02/2019 - 22/11/2019** **Weekly, Fri 2:00 - 4:00**  
**Location: Conference Room, Forest Hill** **Class Leader: Ingrid Nelson**  
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. No class on the 1st Friday of the month.

**19HIS011: Family History Genealogy Experienced** **Type: Long Course**  
**Dates: 08/02/2019 - 22/11/2019** **Weekly, Fri 10:30 - 12:30**  
**Location: Conference Room, Forest Hill** **Class Leader: Ingrid Nelson**  
This class is for the Experienced and Advanced Genealogists / Family historians. Prerequisite Genealogy / Family History Beginners. There will be no class on the 1st Friday of the month

**19HIS013: Film and History** **Type: Long Course**  
**Dates: 06/02/2019 - 20/11/2019** **Weekly, Wed 1:45 - 3:00**  
**Location: MPR** **Class Leader: Ivan Glynn**  
An opportunity to study Film, set in different periods. Explore how directors use a range of cinematic techniques in order to present their perspectives on events of the past or adapted a novel to reflect a point of view. The class will be involved in the choice of film and discussion is encouraged.

**19HIS015: Military History** **Type: Long Course**  
**Dates: 07/02/2019 - 21/11/2019** **Weekly, Thu 9:15 - 11:00**  
**Location: Room 5** **Class Leader: Rob Ellis**  
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.

**19HIS017: Movies Through the Decades** **Type: Long Course**  
**Dates: 08/02/2019 - 22/11/2019** **Weekly, Fri 9:15 - 11:15**  
**Location: Room 9** **Class Leader: Albert Isaacs**  
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.

# HUMANITIES

## **19HUM001: Comparative Religions**

**Dates: 08/02/2019 - 22/11/2019**

**Location: MPR**

**Type: Long Course**

**Weekly, Fri 12:45 - 2:45**

**Class Leader: Albert Isaacs**

This course looks at the very wide range of religions often with contributions from members of the class. Guest speakers are occasionally invited to present.

## **19HUM003: Consumer Advertising: The Mystery Behind**

**Dates: 24/04/2019 - 26/06/2019**

**Location: Plato Room**

**Type: Short Course**

**Weekly, Wed 1:15 - 2:30**

**Class Leader: David Bednall**

Learn the mysteries behind consumer advertising. We hate commercials when they interrupt our TV viewing, but when we study them closely as in the ABC's Gruen, they become really interesting. This course outlines key concepts in consumer behavior (emotion, learning, perception, social influences and culture) and shows how advertisers use these ideas in their ads. Banal, exciting, insightful, sexy, funny and just awful ads are used to show how they got it right or wrong!

## **19HUM005: Emotional Freedom Technique (EFT)**

**Dates: 06/02/2019 - 20/11/2019**

**Location: Room 5**

**Type: Long Course**

**Weekly, Wed 9:30 - 11:15**

**Class Leader: Colin Carter**

EFT breathes fresh air into the emotional self-development process by showing how negative emotions are stored in our bodies, even though we rationally know we should not be acting fearful, angry, depressed, or negative about issues. EFT is a process where we mentally "tune in" to specific negative issues while tapping on certain acupuncture points with our fingertips. This rebalances our energy flow and we "let go" of the emotion. It is easy to learn, can be done anywhere, and can be used to provide impressive do-it-yourself results. Over 60 million pages on the internet mention this technique but so few aware of the advantages of it. No prerequisites but there are resources to read on the internet.

## **19HUM007: Empowerment**

**Dates: 04/02/2019 - 18/11/2019**

**Location: Building 14**

**Type: Long Course**

**Weekly, Mon 10:45 - 12:00**

**Class Leader: Paulina Chong**

Want to live your best life yet? Want to create, to implement and to manifest your extraordinary qualities within you? Come and discover how you create your own reality, to know yourself better and to create a life you cherish. This is an invitation to stop living life on the surface and start living life deep. Bring along a frame of mind based on curiosity, exploration and fun.

## **19HUM009: Fascinating People through the Ages**

**Dates: 07/02/2019 - 21/11/2019**

**Location: MPR**

**Type: Long Course**

**Weekly, Thu 2:45 - 4:00**

**Class Leader: Liz Hooper**

Throughout history, there have been many fascinating people and communities of people who have been influential socially, culturally, artistically, and / or politically. In this course, we will examine their personal lives and public personae and discuss what messages their experiences might have for us today. Come along and participate in a relaxed and friendly learning environment.

**19HUM011: Keep Your Brain Active****Dates: 05/02/2019 - 18/06/2019****Location: MPR****Type: Long Course****Weekly, Tue 10:45 - 11:45****Class Leader: Tom Edwards**

**Terms 1 & 2 only.** 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 I would 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.

**19HUM013: Literature Appreciation****Dates: 15/02/2019 - 15/11/2019****Location: Namatjira Room****Type: Long Course****First and Third weeks, Fri 10:45 - 12:15****Class Leader: Maria Ryan**

Using a selection of texts 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. First and Third Friday of the month, and Fifth Friday when applicable.

**19HUM015: Philosophy for Living****Dates: 05/02/2019 - 19/11/2019****Location: MPR****Type: Long Course****Weekly, Tue 2:30 - 4:00****Class Leader: Wade Dickson**

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, Cosmology, 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"?

**19HUM017: Philosophy Phor Phun Discussion****Dates: 06/02/2019 - 20/11/2019****Location: MPR****Type: Long Course****Weekly, Wed 11:00 - 12:15****Class Leader: Savvas Athan**

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

**19HUM019: Poetry for Pleasure****Dates: 04/02/2019 - 18/11/2019****Location: Plato Room****Type: Long Course****First and Third weeks, Mon 2:30 - 4:00****Class Leader: Colin Browne OAM**

Read your favourite poets for pleasure. After reading the poetry aloud it will be discussed in terms of historical context, meaning and literary value. Also write and bring along some poems of your own. First, Third and Fifth Monday of the month.

**19HUM021: Positive Thinking and Meditation****Dates: 07/02/2019 - 21/11/2019****Location: Room 5****Type: Long Course****Weekly, Thu 2:00 - 3:00****Class Leader: Lyn Elliott**

Positive thinking helps you make your mind your best friend. Raja Yoga meditation teaches you to focus your mind by going within. It raises self-awareness to achieve self realisation developing new strengths and creating new attitudes and responses to life.

**19HUM023: Public Speaking****Dates: 04/02/2019 - 18/11/2019****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. Participants must be able to communicate clearly in the English language. Classes will follow an established program.

**Type: Long Course****Weekly, Mon 9:15 - 10:30****Class Leader: Keith Graham****19HUM026: Road Safety - Protect your Driving License****Dates: 06/02/2019 - 06/03/2019****Location: Plato Room**

This is a road safety refresher course for responsible older drivers. Upgrade your knowledge, build on your experience and keep driving safely. Topics will include: driving road rules changes, changes in road condition, overcoming risks, safety tips, danger spots, night driving, medication and much more.

**Type: Short Course****Weekly, Wed 1:30 - 3:30****Class Leader: Aldo Pitre****19HUM027: Share Trading Beginners****Dates: 04/02/2019 - 18/11/2019****Location: Room 9**

A Beginners class 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 centered around weekly financial events.

**Type: Long Course****Weekly, Mon 9:30 - 11:00****Class Leader: Eric Kratzer****19HUM029: Share Trading & Investing Advanced****Dates: 06/02/2019 - 20/11/2019****Location: Seniors Meeting Room**

A discussion group for those who have a knowledge of 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 centered around weekly financial events.

**Type: Long Course****Weekly, Wed 1:30 - 2:45****Class Leader: Eric Kratzer****19HUM031: Tarot Cards Introduction****Dates: 05/02/2019 - 19/11/2019****Location: Seniors Meeting Room**

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. No new enrolments after first two weeks.

**Type: Long Course****Weekly, Tue 11:00 - 12:30****Class Leader: Naomi Towers****19HUM033: Tarot Cards Advanced****Dates: 04/02/2019 - 18/11/2019****Location: Building 14**

This class is for those who have attended the Introduction class in previous years and wish to further their knowledge.

**Type: Long Course****Weekly, Mon 2:00 - 3:00****Class Leader: Naomi Towers**



**19HUM035: Travel Tips****Dates: 07/02/2019 - 21/11/2019****Location: Seniors Meeting Room**

Explore transport, costs, accommodation, luggage, sight-seeing. Learn from each other. The aim is to create confidence in travelling. Leading shared by Valerie Vernon and Agnes Fan. Class held on the First and Third Thursday of the month.

**Type: Long Course****First and third weeks, Thu 1:30 - 2:30****Class Leader: Valerie Vernon****19HUM037: Wine Appreciation****Dates: 05/02/2019 - 19/11/2019****Location: Room 8**

This course 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 need to make a contribution to the cost of the wine tasted each week.

**Type: Long Course****Weekly, Tue 3:00 - 4:00****Class Leader: Philippe De Montignie**

## **HUMANITIES *Restricted***

***Please Note: You can choose only ONE class with a 19HUMR course code.*****19HUMR01: Current Affairs 1****Dates: 04/02/2019 - 18/11/2019****Location: Namatjira Room**

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

**Type: Long Course****Weekly, Mon 11:45 - 12:45****Class Leader: David Gannon****19HUMR03: Current Affairs 2****Dates: 06/02/2019 - 20/11/2019****Location: MPR**

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

**Type: Long Course****Weekly, Wed 12:30 - 1:30****Class Leader: David Gannon****19HUMR05: Current Affairs 3****Dates: 06/02/2019 - 20/11/2019****Location: MPR**

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

**Type: Long Course****Weekly, Wed 9:15 - 10:30****Class Leader: Allan Brownrigg**

# LANGUAGES

## **19LAN001: Chinese Basic Introduction**

**Dates: 07/02/2019 - 21/11/2019**

**Location: Room 3**

**Type: Long Course**

**Weekly, Thu 8:45 - 10:00**

**Class Leader: Sylvia Chuah**

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 and learn to write Chinese characters.

## **19LAN003: Chinese Beginners**

**Dates: 07/02/2019 - 21/11/2019**

**Location: Room 3**

**Type: Long Course**

**Weekly, Thu 11:15 - 12:15**

**Class Leader: Beulah Gardiner**

This class is 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 commencing at the beginning of "Ni Hao" Book 1.

## **19LAN005: Chinese Hanyu Pinyin Elementary**

**Dates: 05/02/2019 - 19/11/2019**

**Location: Room 9**

**Type: Long Course**

**Weekly, Tue 1:30 - 3:00**

**Class Leader: Kim Brooks**

Continuation of Chinese Hanyu Pinyin class through listening, speaking, reading and writing using 3 in 1 text and flashcards. Participants must have at least some elementary knowledge of the Chinese Language.

## **19LAN007: Chinese 1**

**Dates: 07/02/2019 - 21/11/2019**

**Location: MPR**

**Type: Long Course**

**Weekly, Thu 9:45 - 10:45**

**Class Leader: Beulah Gardiner**

This class is for those who have completed Chinese Beginners. Text Book "Ni Hao" Book 2

## **19LAN009: Chinese 2**

**Dates: 07/02/2019 - 21/11/2019**

**Location: MPR**

**Type: Long Course**

**Weekly, Thu 8:30 - 9:30**

**Class Leader: Beulah Gardiner**

Suitable for students who have completed 'Ni Hao' Book 1. This class will be using "Ni Hao" Book 2 and will include culture, food, and conversation enabling students to converse on matters dealing with daily situations.

## **19LAN011: Chinese 3A**

**Dates: 04/02/2019 - 18/11/2019**

**Location: Plato Room**

**Type: Long Course**

**Weekly, Mon 11:30 - 12:30**

**Class Leader: Lilee Chen**

A class for those who have studied at least three years of Chinese Language classes with U3A and have a good knowledge of the Chinese Language. Text book is 'Ni Hao' Book 3.

**19LAN013: Chinese 3B****Dates: 07/02/2019 - 21/11/2019****Location: Room 5****Type: Long Course****Weekly, Thu 11:15 - 12:15****Class Leader: Jane Pearlgood**

Students should have a reasonable basic understanding of the language. There will be greater emphasis on character reading and oral presentation. Text book: New approaches to Learning Chinese, author Zang Peng Peng. Book available from the International Book Shop, 13-15 Station St East Kew.

**19LAN015: Chinese 4****Dates: 07/02/2019 - 21/11/2019****Location: Plato Room****Type: Long Course****Weekly, Thu 9:00 - 10:00****Class Leader: Kheng Lau**

Students must have already completed 'Ni Hao' Book 3 or an equivalent level and need to purchase a good Chinese dictionary. Text Book 'Ni Hao' Book 5. Students are expected to have a reasonable knowledge of the commonly used Chinese characters as well as Pinyin.

**19LAN017: Chinese 5****Dates: 07/02/2019 - 21/11/2019****Location: Plato Room****Type: Long Course****Weekly, Thu 10:00 - 11:00****Class Leader: Rongping Press**

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.

**19LAN019: Chinese 6****Dates: 04/02/2019 - 18/11/2019****Location: MPR****Type: Long Course****Weekly, Mon 1:00 - 2:00****Class Leader: Margaret Riseley**

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.

**19LAN021: Chinese 7 Conversation Advanced****Dates: 07/02/2019 - 21/11/2019****Location: Plato Room****Type: Long Course****Weekly, Thu 11:00 - 12:00****Class Leader: Sue Deng**

This class is for advanced students. The emphasis will be on conversation, some advanced grammar will be introduced and the level of vocabulary will be extended. Students will be expected to have a reasonable 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.

**19LAN023: ESL (English as a Second Language)****Dates: 04/02/2019 - 18/11/2019****Location: Room 3****Type: Long Course****Weekly, by arrangement****Class Leader: Robyn Cox**

For those who wish 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 weekly lesson time.

**19LAN024: French Beginners****Dates: 06/02/2019 - 20/11/2019****Location: Room 5****Type: Long Course****Weekly, Wed 1:15 - 2:15****Class Leader: Ilsa Rose**

This class is for those who have little or no prior knowledge of French. Basic communication 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 travelers" class. Text book to be determined at the beginning of 2019.

**19LAN025: French 2 Continuing****Dates: 06/02/2019 - 20/11/2019****Location: Room 5****Type: Long Course****Weekly, Wed 2:20 - 3:20****Class Leader: Ilsa Rose**

A class for those who have completed French 2 in 2018 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 Travelers' class. Text Books: 1) Colloquial French, The Complete Course for Beginners, Valerie Demouy and Alan Moys.2): Practice Makes Perfect: Basic French, Elaine Kurbefor.

**19LAN027: French 4A****Dates: 04/02/2019 - 18/11/2019****Location: Room 5****Type: Long Course****Weekly, Mon 10:45 - 12:15****Class Leader: Brigitte Ciurleo**

A class for those who have completed French 3 Continuing in 2018 or have some knowledge of the French language. We will work through texts, conversation, role plays and songs to improve our knowledge of French. Text: Book 2. Colloquial French. The Next Step in Language Learning, Elspeth Broady.

**19LAN029: French 4B****Dates: 06/02/2019 - 20/11/2019****Location: Seniors Meeting Room****Type: Long Course****Weekly, Wed 10:30 - 12:00****Class Leader: Lucie Samson**

Multi-faceted response to a theme with relevant conversation. French cultural activities. Stress free!. No homework or Text Book.

**19LAN031: French 4C****Dates: 05/02/2019 - 19/11/2019****Location: Room 5****Type: Long Course****Weekly, Tue 11:30 - 12:45****Class Leader: Ilsa Rose**

This class is at an intermediate level for people with confidence to deepen their French language skills. The main focus is on grammar. Text: Practice Makes Perfect; Complete French Grammar, Annie Heminway. Other written resources will also be used.

**19LAN033: French 4D****Dates: 05/02/2019 - 19/11/2019****Location: Room 8****Type: Long Course****Weekly, Tue 12:30 - 1:30****Class Leader: Anita Castle**

This class is run by the class members at an intermediate level. Emphasis is on grammar, reading and listening skills and there is a strong emphasis on conversation. Class participation is expected and there is homework. The main text used is "Ultimate French" Beginner - Intermediate, Annie Heminway, Alliance Francais, New York 2009. Random House.

**19LAN035: French 5** **Type: Long Course**  
**Dates: 05/02/2019 - 19/11/2019** **Weekly, Tue 9:30 - 10:30**  
**Location: Seniors Meeting Room** **Class Leader: Margaret Bardos**

This is 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. Text book is "Vite et Bien 2".

**19LAN037: French Conversation Basic** **Type: Long Course**  
**Dates: 04/02/2019 - 04/11/2019** **Weekly, Mon 12:45 - 2:15**  
**Location: Plato Room** **Class Leader: Ann Ruck**

Basic conversation is a continuing course for members who have a good knowledge of the French language with the aim of encouraging better fluency in spoken French. Text book will be advised at first class and will be used in conjunction with various audio, internet and written resources.

**19LAN041: French Conversation 2** **Type: Long Course**  
**Dates: 04/02/2019 - 18/11/2019** **Weekly, Mon 9:30 - 10:30**  
**Location: MPR** **Class Leader: Elisabeth Smits**

This class level 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.

**19LAN043: French Conversation 3** **Type: Long Course**  
**Dates: 05/02/2019 - 19/11/2019** **Weekly, Tue 1:30 - 2:30**  
**Location: Plato Room** **Class Leader: Jacqueline Becu**

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.

**19LAN045: German Beginners Plus** **Type: Long Course**  
**Dates: 08/02/2019 - 22/11/2019** **Weekly, Fri 9:00 - 10:30**  
**Location: Plato Room** **Class Leader: Peter Goodwin**

This course is based on "Colloquial German" by Dietimde, Glyn Hatherall. published by Rantledge. All beginners in German are welcome but a basic understanding of English grammar - or other European Language, would assist in learning German grammar.

**19LAN047: German Conversation** **Type: Long Course**  
**Dates: 08/02/2019 - 22/11/2019** **Weekly, Fri 10:45 - 12:15**  
**Location: Plato Room** **Class Leaders: Graeme Hughes & Peter Griffiths**

This is a continuing class from German Conversation A & B 2018. This course will have a greater emphasis on language use, conversation and culture and slightly less on the language structure.

**19LAN049: German Intermediate** **Type: Long Course**  
**Dates: 08/02/2019 - 22/11/2019** **Weekly, Fri 9:15 - 10:30**  
**Location: Room 5** **Class Leader: Peter Griffiths**

This is 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.

**19LAN051: German Made Easy for Travelers Beginner****Dates: 08/02/2019 - 22/11/2019****Location: Plato Room****Type: Long Course****Weekly, Fri 1:45 - 2:45****Class Leader: Dieter Markworth**

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.

**19LAN053: German for Travelers Advanced****Dates: 08/02/2019 - 22/11/2019****Location: Plato Room****Type: Long Course****Weekly, Fri 12:30 - 1:30****Class Leader: Dieter Markworth**

This is an advanced level for the person who attended the travellers class in 2018. 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.

**19LAN055: Italian Beginners Basic****Dates: 06/02/2019 - 20/11/2019****Location: Plato Room****Type: Long Course****Weekly, Wed 2:45 - 4:00****Class Leader: John Cutler**

A class for the basic beginner who has very little of the Italian Language. Text: "Italian Made Simple" by Christina Mazzoni.

**19LAN057: Italian Beginners Level 1****Dates: 04/02/2019 - 18/11/2019****Location: Room 9****Type: Long Course****Weekly, Mon 11:15 - 12:30****Class Leader: John Finlayson**

A step beyond beginners. Build on your basic knowledge of grammar and vocabulary through reading and speaking Italian in a relaxed and friendly environment. Text: "Practice makes perfect; Basic Italian" by Alessandra Visconti.

**19LAN059: Italian Beginners Level 2****Dates: 05/02/2019 - 19/11/2019****Location: Plato Room****Type: Long Course****Weekly, Tue 9:30 - 11:00****Class Leader: Earle Ludekens**

You need to have completed two years. In a beginners course or have a reasonable knowledge of the Italian Language. Text: "Vengo con Te. Collins Easy Learning" ISBN: 978-0-00-814175-2.

**19LAN061: Italian 1****Dates: 06/02/2019 - 20/11/2019****Location: Room 9****Type: Long Course****Weekly, Wed 12:45 - 2:00****Class Leader: Linda Hammond**

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.

**19LAN063: Italian 2** **Type: Long Course**  
**Dates: 07/02/2019 - 21/11/2019** **Weekly, Thu 11:45 - 1:00**  
**Location: Seniors Meeting Room** **Class Leader: Donato Moretti**  
If you have studied three years, have a love for the Italian Language and would like to enhance your previous understanding and study, join us as together we learn more through reading, listening and speaking, along with some grammar and cultural activities.

**19LAN065: Italian 3** **Type: Long Course**  
**Dates: 07/02/2019 - 21/11/2019** **Weekly, Thu 1:15 - 2:00**  
**Location: Room 9** **Class Leader: Lesley Sinfield**  
This is a self-help group of students who have an understanding of basic grammar. There is some revision of grammar and a significant amount of time involves practicing conversation, reading texts and listening.

**19LAN067: Italian 4A** **Type: Long Course**  
**Dates: 04/02/2019 - 18/11/2019** **Weekly, Mon 9:30 - 10:45**  
**Location: Room 8** **Class Leader: John Cutler**  
This class is 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 2019 we will be using text: "Practice Makes Perfect. Italian reading and Comprehension". ISBN 978-0-07-179895-2 Available from Language International, Station Street, Kew. Please purchase the text before the first class.

**19LAN069: Italian 4B** **Type: Long Course**  
**Dates: 07/02/2019 - 21/11/2019** **Weekly, Thu 9:30 - 11:00**  
**Location: Room 9** **Class Leader: Carl DiGiovine**  
This class concentrates on extending your knowledge of Italian beyond the text books to practicing real-time speaking, reading, and translation. The aim is to converse in Italian like an Italian. Some homework will need to be undertaken.

**19LAN071: Japanese for the Complete Beginner** **Type: Long Course**  
**Dates: 07/02/2019 - 21/11/2019** **Weekly, Thu 12:15 - 1:45**  
**Location: Plato Room** **Class Leader: Yvonne De Sousa**  
If you are a complete beginner this class will introduce you to the Japanese language in a fun way. Text: "Japanese for Busy People Book 1", revised 3rd edition, Romanised version.

**19LAN073: Japanese Beginners Continuing** **Type: Long Course**  
**Dates: 08/02/2019 - 22/11/2019** **Weekly, Fri 10:45 - 11:45**  
**Location: Room 5** **Class Leader: Toshie Burke**  
This class is for those students who have completed Japanese beginners with Toshie or have a similar knowledge of the language. Romanised letters are used.

**19LAN075: Japanese Beginners Advanced** **Type: Long Course**  
**Dates: 08/02/2019 - 22/11/2019** **Weekly, Fri 9:30 - 10:30**  
**Location: Namatjira Room** **Class Leader: Toshie Burke**  
This class is for those who have already completed Japanese Beginners Continuing in 2018.

**19LAN077: Japanese Intermediate Continuing****Dates: 06/02/2019 - 20/11/2019****Location: Seniors Meeting Room**

A class for those who have completed Japanese Intermediate in 2018.

**Type: Long Course****Weekly, Wed 9:15 - 10:15****Class Leader: Toshie Burke****19LAN079: Japanese Intermediate****Dates: 08/02/2019 - 22/11/2019****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). Class may progress to "Japanese for Busy People 11", Revised 3rd Edition in Term 3.

**Type: Long Course****Weekly, Fri 11:15 - 12:45****Class Leader: Yvonne De Sousa****19LAN081: Japanese Advanced****Dates: 08/02/2019 - 22/11/2019****Location: Building 14**

This class is 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.

**Type: Long Course****Weekly, Fri 9:15 - 11:00****Class Leader: Yvonne De Sousa****19LAN083: Russian for Travellers Type: Long Course****Dates: 05/02/2019 - 19/11/2019****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. There is homework. You will be able to talk about yourself, your family and leisure pursuits in basic conversational Russian.

**Weekly, Tue 1:45 - 2:45****Class Leader: Vera Kalashnikova****19LAN085: Spanish 1 Beginners Continuing****Dates: 05/02/2019 - 19/11/2019****Location: Seniors Meeting Room**

This is a continuing class from Beginners in 2018. Text:"Spanish Made Easy 2".

**Type: Long Course****Weekly, Tue 1:00 - 2:30****Class Leader: Vilma Araos****19LAN087: Spanish 2 Intermediate****Dates: 04/02/2019 - 18/11/2019****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".

**Type: Long Course****Weekly, Mon 12:15 - 1:45****Class Leader: Elizabeth Ramirez****19LAN089: Spanish 3****Dates: 05/02/2019 - 19/11/2019****Location: MPR**

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. Over a two - year period, this class will cover the grammar included in the Text book: Barbara Bregstein;" Easy Spanish Step-By-Step", McGraw Hill 2006, along with supplemental materials to encourage students to start speaking confidently in the Spanish Language.

**Type: Long Course****Weekly, Tue 9:30 - 10:30****Class Leader: Johanna Schumacher**



**19LAN091: Spanish 4 Intermediate Advanced Grammar****Dates: 05/02/2019 - 19/11/2019****Location: Room 9****Type: Long Course****Weekly Tue 12:00 - 1:00****Class Leader: David Secomb**

Suitable for those who have spent two plus years in a beginners/intermediate class and wish to progress. This class will cover all key areas of Spanish Grammar over a 2-year period. Text: Barbara Bregstein. "Advanced Spanish Step-by-Step" McGraw Hill, 2012. The text book will be augmented by materials from other sources, including the internet.

**19LAN093: Spanish 5 Conversation****Dates: 05/02/2019 - 19/11/2019****Location: Room 9****Type: Long Course****Weekly, Tue 10:45 - 11:45****Class Leader: Pili Jenkin**

A class for those who wish to practice conversing in the Spanish Language.

**19LAN095: Spanish 6 Advanced Conversation and Grammar****Dates: 07/02/2019 - 22/11/2019****Location: Seniors Meeting Room****Type: Long Course****Weekly, Thu 10:00 - 11:30****Class Leader: Dora Baschuk**

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

## MUSIC

**19MUS001: Cantonese Opera****Dates: 08/02/2019 - 22/11/2019****Location: Seniors Hall****Type: Long Course****Weekly Fri 10:00 - 12:00****Class Leader: Yin Wong**

In this class you will learn in a fun way how to sing in a Chinese Opera. Music symbols and notes, tempo, how to breath, and how to sing will also be taught.

**19MUS003: Choir****Dates: 06/02/2019 - 20/11/2019****Location: Seniors Hall****Type: Long Course****Weekly Wed 10:45 - 12:00****Class Leader: Maureen Milton**

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.

**19MUS004: Exploring Music****Dates: 08/02/2019 - 15/11/2019****Location: Room 9****Type: Long Course****Weekly Fri 1:00 - 3:00****Class Leader: Kerry Sole**

Examine musical masterworks in the context of their place in the development of music against the background of the surrounding historical and social influences. Emphasis will be on listening to the music; notes will be provided and discussion will be welcome.

**19MUS005: Guitar Accompaniment & Song****Dates: 08/02/2019 - 22/11/2019****Location: Namatjira Room****Type: Long Course****Weekly Fri 1:45 - 3:00****Class Leader: Christopher Cook**

Revisit the 50s, 60s, 70s and 80s - bring your voice and your guitar and sing, strum and play along to your favorite songs - and more. Guitar tuition provided as required. Beginners welcome and music will be provided. Equipment necessary: Guitar - either classical or acoustic. Portable music stand, clip-on electronic guitar tuner and capo.

**19MUS007: Guitar Progressive****Dates: 08/02/2019 - 22/11/2019****Location: Namatjira Room**

If you have basic Guitar skills, this class will provide you with the opportunity to play together. The aim is to develop in all members the ability to read and play simple melody and harmony lines, as well as basic chords in the keys C and G. We will work on simple tunes and simple rhythm patterns, using as a basic text the "Hal Leonard Guitar Method", Complete Edition. Additional music will be provided and members are encouraged to bring along their own music, which is at a basic level, to be played in class.

**Type: Long Course****Weekly, Fri 12:30 - 1:30****Class Leader: Bob Hayes****19MUS009: Guitar Advanced****Dates: 08/02/2019 - 22/11/2019****Location: Room 9**

This class is for those who have been identified as having reached a certain standard by the leader.

**Type: Long Course****Weekly Fri 11:30 - 12:30****Class Leader: Bob Hayes****19MUS011: Jazz Improvisation****Dates: 06/02/2019 - 20/11/2019****Location: Seniors Hall**

This class aims to build musical skills in the area of Jazz improvisation for instrumental musicians who already have reasonable proficiency on their instrument. Repertoire will be drawn from a wide range of Jazz music from traditional to contemporary. Prospective applicants must contact the leader Ben on 9751 2996 before enrolling.

**Type: Long Course****Weekly, Wed 2:00 - 3:30****Class Leader: Ben Nisenbaum****19MUS013: Music Listening****Dates: 06/02/2019 - 20/11/2019****Location: Room 8**

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

**Type: Long Course****Weekly, Wed 9:30 - 10:45****Class Leader: Neil McLachlan****19MUS015: The Silver Grove Swing Band****Dates: 05/02/2019 - 19/11/2019****Location: Anglers Club**

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.

**Type: Long Course****Weekly, Tue 9:30 - 11:00****Class Leader: Geoffrey Moore**

## SCIENCE

**19SCI001: Astronomy****Dates: 06/02/2019 - 20/11/2019****Location: Plato Room**

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.

**Type: Long Course****Weekly, Wed 9:30 - 10:30****Class Leader: John Shattock**

**19SCI003: Changes in Explanations and Beliefs****Dates: 07/02/2019 - 21/11/2019****Location: Activity Centre**

The ancients explained the world in terms of magic and the gods. Over the centuries there was an evolution of ideas leading up to what we now term "scientific" explanations. This course will consider the various attempts to provide alternative explanations over the centuries. The course is divided into two parts. The first section will consider changes in explaining observable astronomical phenomena. The second section will consider the long process in developing the germ theory of disease. Overall the course will stress early attempts at explanations were perfectly acceptable and reasonable in the context of the time.

**Type: Long Course****Weekly, Thu 1:45 - 2:45****Class Leader: Ian Grandy****19SCI005: Climate Change****Dates: 05/02/2019 - 19/11/2019****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, should we be exporting so much? We watch videos and listen to podcasts. Why is the science saying we should start reducing carbon pollution now and not in twenty years? Much class material is placed on a web site which is accessible from home.

**Type: Long Course****Weekly, Tue 9:30 - 11:00****Class Leader: Tony Kerr****19SCI007: Geology****Dates: 07/02/2019 - 21/11/2019****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.

**Type: Long Course****Weekly, Thu 9:30 - 11:00****Class Leaders: Phil Bock & Peter Jackson****19SCI009: The Joy of Mathematics****Dates: 05/02/2019 - 19/11/2019****Location: Room 9**

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

**Type: Long Course****Weekly, Tue 9:30 - 10:30****Class Leader: John Shattock****19SCI011: Science Experiments for Kids****Dates: 04/02/2019 - 01/04/2019****Location: MPR**

Each week we will try out some simple experiments that should be of interest to kids in upper primary school. Examples are in the areas of optics, mechanics and magnetism. We will utilize household items such as CDs and fridge magnets or magnets to be found in discarded microwave ovens. We will explain the science underlying the experiments and talk about how to present them.

**Type: Short Course****Weekly, Mon 2:15 - 3:15****Class Leader: Ken McGregor****19SCI013: Understanding Weather****Dates: 07/02/2019 - 21/11/2019****Location: Room 8**

The course will cover what drives the weather? How are weather forecasts made? What can satellite images and weather radar tell us? What causes extreme weather events? A course for all interested in weather and weather forecasting; no background knowledge is needed and we will explore the excellent online resources available.

**Type: Long Course****Weekly, Thu 11:45 - 1:00****Class Leader: Terry Hart**