



NUNAWADING
UNIVERSITY OF THE THIRD AGE

2019 SUMMER SCHOOL

8, 9, 10 & 15, 16, 17, 18
January, 2019

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

Reg No A0021951Z
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**Room Locations at the Nunawading Community Centre
16 Silver Grove, Nunawading**

Room 3: *Ground Floor*

Room 5: *Upstairs*

Room 8: *Ground Floor*

Room 9: *Upstairs*

Multi Purpose Room (MPR): *Ground Floor*

Namatjira Room: *Ground Floor*

Plato Room: *Ground Floor*

Other Silver Grove Locations

Seniors Hall & Seniors Meeting Room: *22 Silver Grove*

Summer School Heat Policy

Outdoor Activities may be cancelled or modified if the weather forecast is for 28 degrees or higher, at the discretion of the Class Leader and/or Summer School Convener.

Indoor Activities will be modified if the weather forecast is for 35 degrees or higher at the discretion of the Class Leader and/or Summer School Convener.

TUESDAY 8 JANUARY 2019

19SS001: Ancient Egyptian History (2 Days)

Tue 10:00 - 12:00

Location: Room 5

Joan Kelleher

Nefertiti's name means "a beautiful woman has come". Find out more about this powerful and mysterious woman. She lived at a time of great political and religious turmoil. She was wife, mother, Queen and goddess, and possibly even a pharaoh! **The course is over 2 weeks.** Also held on **15/01/2019**. Attendance at both sessions is recommended.

19SS005: Emotional Freedom Technique

Tue 10:00 - 12:00

Location: MPR

Colin Carter

EFT is a holistic Eastern and Western approach to managing emotions and stress. Acupuncture has been used for millennia for treating physical and emotional pain. But just by tapping on specific acupuncture points, combined with Western questioning on what emotion you are feeling and what caused it, creates fast positive change.

19SS007: Geometry Journey in the City Centre Tour

Tue 9:30 - 3:00

Location: Melbourne Central

Guest Leader

Leader: Jill Vincent. The architecture of Swanston St and St Kilda Road incorporates some amazing geometry. The walk takes us from Melbourne Central along Swanston St and St Kilda Road to Southbank Boulevard to view some of the wealth of unique Architecture Melbourne has to offer. We look at Melbourne Central, the Architectural Fragment at the State Library, Storey Hall at RMIT. Tram ride to Fed Square to observe patterns and have lunch. Next we walk down St Kilda Rd past Southbank Theatre and Victorian College of Arts. Return to Flinders St Station by tram.

Meeting time: 9.30am, under the big Seiko "pocket watch" clock at Melbourne Central (entrance level from Swanston St, two escalators up from Melbourne Central ticket barriers near Coles). Suggested train: 8.58 am from Nunawading, second last carriage.

19SS009: Introduction to Yoga

Tue 10:00 - 12:00

Location: Seniors Hall

Yvonne Woon

Learn the basics of Yoga in a relaxed way. Bring your own mat and have fun with stretching and exercise.

19SS011: Mandalas with Zen Tangles

Tue 10:00 - 12:00

Location: Room 9

Beverley Wright

Create your own mandala. Bring: colored pencils, black pencil, eraser, sharpener, ruler, Airline Black pen .1or .2. Blank paged small notebook. Cardboard 30cm x 30 cm

19SS015: Outline of Year 12 English

Tue 10:00 - 12:00

Location: Plato Room

Ivan Glynn

An understanding of the Year 12 English course.

19SS017: Astronomy - Cosmology**Tue 1:00 - 3:00****Location: Plato Room****John Shattock**

1st of 4 sequential presentations. Dark Matter plus Dark Energy DVDs by Professor Sean Carroll (Caltech).

19SS019: Card Game: Scala Quaranta/Rummy**Tue 1:00 - 3:00****Location: Room 8****Guest Leader**

Leader: Elsie Mutton. Scala Quaranta is a popular Italian rummy game. The objective of the game is to collect sets of three or more equal cards and sequences of three or more cards in each suit. Each combination is known as a meld. The only skill you need is to know what a pack of cards looks like and understand what is a high or low card.

19SS021: Climate Change**Tue 1:00 - 3:00****Location: Room 5****Tony Kerr**

What are we doing to mitigate Climate Change? Is it right? Is it enough? Where are we headed?

19SS023: Drawing Cartoons**Tue 1:00 - 3:00****Location: Room 9****Guest Leader**

Leader: Bill Stamford. Donald Duck or Minnie Mouse – you can do it, it's a promise and will the Grand kids be pleased with the outcome. Two classes over Summer School. Come for both or one session. Purchase a French Curve from the \$2 shop.

19SS025: Rock'n'Roll**Tue 1:00 - 3:00****Location: Seniors Hall****Manuel Alexiou**

Learn the craft of Rock n Roll in a social, relaxed atmosphere.

19SS027: Tune in Classic Aussie Radio**Tue 1:00 - 3:00****Location: Namatjira Room****Albert Isaacs**

Listen to a variety of Australian radio programs and high profile personalities from the 1950s, 60s and 70s. (A different selection to that presented in past years).

WEDNESDAY 9 JANUARY 2019

19SS031: Dyslexia: What is it & How to beat it**Wed 10:00 - 3:00****Location: MPR****Guest Leader**

Leader: John Vincent. Learn what Dyslexia is, and how it causes problems in our verbally dominated world and how recent advances in voice, technologies can help dyslexics overcome their difficulties. You will need one smart device: iPad; iPhone; android smartphone or tablet; windows laptop or tablet with Chrome browser. Ideally tablets should have a data sim that allows internet access and phones that have a data plan. If you do not have any of these it is not an obstacle to you attending. The morning session 10 to 12 will discuss "What is Dyslexia" and the afternoon session 1.00 to 3.00 will go further into the value of using the technology.

19SS033: Grandparents Group**Wed 10:00 - 12:00****Location: Room 3****Guest Leader**

Leader: Faye Bornstein. This course has 2 main objectives for Grandparents of children aged 4 - 11 years of age. 1. Introducing fun activities that Grandparents can use to teach their Grandchildren how to relate to others in everyday social activities. E.G. Sharing. Welcoming new children into a group. To recognize and accept difference in others. Understanding how others are affected by your behaviours. Activities will include story-telling, discussions, art and other creative tasks. 2. This group will also provide opportunities for Grandparents to share their own relevant ideas and experiences.

19SS035: History of Measurement**Wed 10:00 - 12:00****Location: Plato Room****Tony Tossel**

This is a two-part class which is about the history of measuring things. We will, during the course of the class, measure time, temperatures, volume and distance, speed, light mood, to mention a few variables. (Part 2 19SS117 is on Wed 16/01/2019).

19SS037: Hits of the 60s and 70s**Wed 10:00 - 12:00****Location: Namatjira Room****Ivan Glynn**

Revisit hits of the sixties and seventies.

19SS039: Scrabble**Wed 10:00 - 12:00****Location: Room 8****Joan Kelleher**

Scrabble is a jumble word game. Recent Canadian research has shown that being able to quickly find words in a jumble of letters is a skill which may change the way you use your brain. Playing scrabble may lower the risk of mental illness; make you happy; reduce blood pressure; improve the immune system and improve memory. You can attend for one or two weeks.

19SS041: Sequence Dancing**Wed 10:00 - 12:00****Location: Seniors Hall****Marie Pietersz**

Sequence dancing or New Vogue Dancing is based on standard ballroom dances in which couples all perform the same steps and movements simultaneously. Singles are very welcome as they can be paired up to take the role of leader or partner.

19SS043: Silver Screen: The Wizard of Oz**Wed 10:00 - 12:00****Location: Room 5****Guest Leader**

Leader: Bill Stamford. Judy Garland's immortalized presentation. Bring a cushion for your comfort and sit back and enjoy this timeless movie.

19SS045: Astronomy - Cosmology**Wed 1:00 - 3:00****Location: Plato Room****John Shattock**

2nd of 4 presentations. Dark Matter plus Dark Energy DVDs by Professor Sean Carroll (Caltech)

19SS047: Food Glorious Food**Wed 1:00 - 3:00****Location: Room 5****Guest Leader**

Leader: Michael Westbrook. Not a culinary exercise but a discourse on food processing and preservation and an examination of food history including the cultural, economic, environmental and sociological impacts of food. Food historians look at food as one of the most important elements of cultures, reflecting the social and economic structure of society.

19SS049: Medicinal Cannabis/Law Reforms**Wed 1:00 - 3:00****Location: Namatjira Room****Guest Leader**

Leader: Nick Gadd. Medicinal cannabis, neighbourhood tree disputes, and other law reforms in Victoria. Nick Gadd (Vic Law Reform Commission) The Victorian Law Reform Commission provides independent advice to the state government on reforming Victorian laws. Nick will explain how the VLRC has contributed to law reform in many areas, and how the community can have their say.

THURSDAY 10 JANUARY 2019

19SS057: Creating an Art Quilt - Textile Art**2 Days Thu 10:00 - 3:00****Location: Room 8****Guest Leader**

Leader: Rachael McAlavey. Creating a small quilt with a silhouette of Australian desert animals on background fabric. Approx. A3 size. May bring own pattern or pictures, otherwise will be provided. List of materials required will be sent to class members after enrolment. Sewing skills necessary. Machine sewing at home between sessions. **Must attend Session 1 before attending Session 2 on 17 January, 2019.**

**19SS058: Diabetes, one person's journey
12.00****Thu 10.00 -****Location: MPR****Guest Leader**

Leader: Judy Lau. In this course the Leader will share her experiences in how she was able to eliminate all her Diabetes medications to now be medication free, through diet and exercise. This is Judy's personal journey.

19SS059: The Dunera Boys**Thu 10:00 - 12:00****Location: Room 5****Albert Isaacs**

During World War 11 a boat-load of so-called "Enemy Aliens" were sent from Britain to Australia. In reality they were men who had escaped from the Continent and were overwhelmingly anti-Nazi. After suffering discrimination and violence on the boat, they were sent to internment camps in places like Hay, NSW, where they established an artistic colony in the Aussie bush.

19SS061: Excursion to Ballarat Art Gallery**Thu 9:00 - 5:00****Location: Nunawading Station****Guest Leader**

Leader: Deborah Andrews. This is a full day trip by train (using your free travel pass) to Ballarat. Visiting the Art Gallery (\$3) and lunch in Ballarat. Further details will be sent to participants after enrolment. Travel pass includes travel on suburban rail and Ballarat train. Tour departs Nunawading Station at 9.16am.

19SS062: Mah Jong Western**Thu 10:00 - 12:00****Location: Seniors Hall****Val Lynch**

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

19SS063: Understanding Weather: Web & Smart Phone**Thu 10:00 - 12:00****Location: Namatjira Room****Terry Hart**

Melbourne's weather and its forecasts are a frequent topic of conversation – and jokes. This session will demonstrate the range of valuable websites and Smartphone apps you can use to understand the weather and make best use of the weather forecasts.

19SS065: Ageless Grace**Thu 1:00 - 3:00****Location: MPR****Lyn Elliott**

Ageless Grace is a series of fun exercises to music designed to achieve lifelong comfort and ease for all ages and abilities. They are natural, simple and fun, based on everyday movements, emphasis on anti-ageing techniques. These exercises can all be done sitting on a chair.

19SS067: Zen Tangles**Thu 10:00 - 12:00****Location: Plato Room****Guest Leader**

Leader: Bill Stamford. Enjoy the pleasure of Drawing, Coloring without a talent for Art. Just bring some colored pencils and yourselves. Previous attendees most welcome. Come for one session or two.

19SS069: Astronomy - Cosmology**Thu 1:00 - 3:00****Location: Plato Room****John Shattock**

3rd of 4 presentations. Dark Matter plus Dark Energy DVDs by Professor Sean Carroll (Caltech).

19SS071: Contract Bridge**Thu 12:00 - 3:00****Location: Namatjira Room****Gilbert Foster**

If you are an experienced Contract Bridge player join like-minded people and enjoy your game while improving your skills. Participants must book in pairs; not suitable for beginners.

19SS073: Line dancing - Basic Cha Cha**Thu 1:00 - 1:45****Location: Seniors Hall****Lan Tiet**

An introduction to the Line Dancing Cha Cha dance.

19SS075: Line Dancing - Basic Rumba **Thu 2:00 - 3:00**
Location: Seniors Hall **Lan Tiet**
An introduction to the Rumba line dance.

19SS077: Preparing a U3A Group Presentation **Thu 1:00 - 3:00**
Location: Room 9 **Rob Ellis**
Guidance on preparation of a U3A Presentation, especially to help U3A members who are occasional presenters in their own class or are planning to take up the role of Class Leader.

19SS079: Rummikub **Thu 1:00 - 3:00**
Location: Room 5 **Guest Leader**
Leader: Claire Johannsen. Rummikub is a tile-based game for two to four players, combining elements of the card game rummy and mahjong. Come along and learn a new activity.

TUESDAY 15 JANUARY 2019

19SS081: Astronomy - Cosmology **Tue 10:00 - 12:00**
Location: Plato Room **John Shattock**
Session 4 of the DVD Dark Matter; Dark Energy DVDs by Professor Sean Carroll (Caltech).

19SS083: Books & Films That Have Influenced Me **Tue 10:00 - 12:00**
Location: MPR **Liz Hooper**
Readers and movie-goers are encouraged to come to this session prepared to briefly discuss a book or film that has left an impact on them.

19SS085: Emotional Freedom Technique **Tue 10:00 - 12:00**
Location: Room8 16-20 Silver Grove **Colin Carter**
EFT is a holistic Eastern and Western approach to managing emotions and stress. Acupuncture has been used for millennia for treating physical and emotional pain. But just by tapping on specific acupuncture points, combined with Western questioning on what emotion you are feeling and what caused it, creates fast positive change.

19SS087: Mandalas with Zen Tangles **Tue 10:00 - 12:00**
Location: Room 9 **Beverley Wright**
Please bring: Colored pencils, black pencil, eraser, sharpener, ruler, Airline Black Pen 0.1 or 0.2, blank-paged small notebook, cardboard 30cm x30cm.

- 19SS089: Plan to live Your Aged Care Journey** **Tue 10:00 - 12:00**
Location: Namatjira Room **Guest Leader**
 Leader: Wendy Calder. What is an Aged Care Journey, where does it begin and what should we be considering? This session raises awareness of areas to consider as we grow older, retire and start to need support. We'll consider the impact of the baby boomers on available resources and how policy is shaping aged care services in response. How is this shaping our own options and ability to live our aged care journey as we would like to? Come and join us for an informative and interactive session.
- 19SS091: Share Market 101** **Tue 10:00 - 12:00**
Location: Seniors Meeting Room **Guest Leader**
 Leader: Robert Brain. A two-hour crash course overview of the Share Market – what it is, how it works, who to believe, and the pitfalls to watch out for.
- 19SS093: Tour of Springvale Botanical Cemetery** **Tue 10:30 - 1:30**
Location: 600 Princes Highway, Springvale **Guest Leader**
 Leader: Will Babington. 10.30 – 12.00 General tour, only light walking and mostly on the bus. 12.00-12.30 Presentation (Brave Conversation) in function room. 12.30 – 1.30 Light lunch provided. Address: Springvale Botanical Cemetery, 600 Princes Highway, Springvale.
- 19SS095: Card Game: Scala Quaranta/Rummy** **Tue 1:00 - 3:00**
Location: Room 8 **Guest Leader**
 Leader: Elsie Mutton. Scala Quaranta is a popular Italian rummy game. The objective of the game is to collect sets of three or more equal cards and sequences of three or more cards in each suit. Each combination is known as a meld. The only skill you need is to know what a pack of cards looks like and understand what is a high or low card.
- 19SS097: Drawing Cartoons** **Tue 1:00 - 2:00**
Location: Room 9 **Guest Leader**
 Leader: Bill Stamford. Donald Duck or Minnie Mouse – you can do it, it's a promise and will the Grand Kids be pleased with the Outcome. Two classes over Summer School. Come for one or both. You will surprise yourselves. Get a French Curve from the \$2 shop.
- 19SS099: Introduction to Tarot** **Tue 1:00 - 3:00**
Location: Room 3 **Naomi Towers**
 What is Tarot? Is it for me? Learn what Tarot is/isnot used for. Learn what is covered in Beginners course. Learn about the interaction with other subjects like Kabbalah; astrology, numerology, mythology, Jungian psychology.
- 19SS101: The NBN is Coming: What should I do?** **Tue 1:00 - 3:00**
Location: Namatjira Room **Tony Widdows**
 The NBN is being rolled out throughout Australia and we will all need to connect up at some stage. This 2 hour session will cover the issues you need to know about before signing up to the NBN.

19SS103: Rock n Roll**Tue 1:00 - 2:00****Location: Seniors Hall****Manuel Alexiou**

Learn the craft of Rock and Roll in a social, relaxed atmosphere. You will also find this class will benefit your fitness on many levels.

19SS105: Share Market Charts. Unlocking Secrets**Tue 1:00 - 3:00****Location: Seniors Meeting Room****Guest Leader**

Leader: Robert Brain. Share market price charts summarise the underlying opinions and emotions of the real market participants. Every price chart tells a story, and it pays to understand the stories in the price charts. Why does the share price of a particular stock rise to a particular level, only to fall for a while and then start to rally again?

19SS107: Skill & Deception in the Art World**Tue 1:00 - 3:00****Location: MPR****Guest Leader**

Leader: Elizabeth Pittman. Stories about four very skilled artists who deceived the art world are told plus the ways in which their fraud was discovered. Millions of dollars changed hands as galleries, collectors and art experts were conned by the skills exhibited in a huge number of paintings. Old methods of relying on provenance and the opinions of experts had proved insufficient. 21st century scientific techniques have now improved methods of authentication.

19SS109: Tune the Wireless: Classic BBC**Tue 1:00 - 3:00****Location: Plato Room****Albert Isaacs**

Listen to a variety of BBC radio programs and high profile personalities from the 1950s, 60s and 70s. (A different selection to that presented in past years).

WEDNESDAY 16 JANUARY 2019

19SS111: Altered Fabric**Wed 10:00 - 3:00****Location: Room 8****Meryl McEwen**

Sun printing (using leaves and petals) and rust dyeing (using metal objects such as washers, pieces of flat metal, etc rusty!) on fabric. Cost for the day, including dyes and chemicals \$8, paid to the tutor on the day. Materials list sent to you on enrolment.

19SS113: Friends of the ABC**Wed 10:00 - 12:00****Location: Namatjira Room****Guest Leader**

Leader; Graeme Connolly. Graeme will speak about Friends of the ABC, the issues of current concern to that group, and how they are responding to those concerns. Following his address, participants will have an opportunity to ask questions.

19SS115: Grandparents Group**Wed 10:00 - 12:00****Location: Room 3****Guest Leader**

Leader: Faye Bornstein. This course has 2 main objectives for Grandparents of children aged 4 - 11 years of age. 1. Introducing fun activities that Grandparents can use to teach their Grandchildren how to relate to others in everyday social activities. E.G. Sharing. Welcoming new children into a group. To recognize and accept difference in others. Understanding how others are affected by your behaviours. Activities will include story-telling, discussions, art and other creative tasks. 2. This group will also provide opportunities for Grandparents to share their own relevant ideas and experiences.

19SS117: History of Measurement**2 Days. Wed 10:00 - 12:00****Location: Plato Room****Tony Tossel**

In Week 2, Part 2, we will be dealing with mass (weight) and the science and history behind this measurement. Participants in week 2 will be encouraged to bring in their kitchen scales and have them checked against test weights.

19SS119: Scrabble**Wed 10:00 - 12:00****Location: Room 9****Joan Kelleher**

Scrabble is a jumble word game. Recent Canadian research has shown that being able to quickly find words in a jumble of letters is a skill which may change the way you use your brain. 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.

19SS121: Sequence Dancing**Wed 10:00 - 12:00****Location: Seniors Hall****Marie Pietersz**

Sequence Dancing or New Vogue dancing is based on standard dances in which couples all perform the same steps and move simultaneously. Singles are very welcome as they can be paired to take the role of leader or partner.

19SS123: Share Market Charts. Unlocking Secrets**Wed 10:00 - 12:00****Location: Seniors Meeting Room****Guest Leader**

Leader: Robert Brain. Share market price charts summarise the underlying opinions and emotions of the real market participants. Every price chart tells a story and it pays to understand the stories in the price charts. Why does the share price of a particular stock rise to a particular level, and then sell off, only to fall for a while and then start to rally again? This session provides an introduction to the topic of how to "read the stories" in the price charts.

19SS125: Silver Screen "Fanny"**Wed 10:00 - 12:00****Location: Room 5****Guest Leader**

Leader: Bill Stamford. This film is a reflection of innocent love, parting and heartfelt tearful reunification. Starring Lesley Caron. Stirring our sentiment for unresisting Love plus a cast of outstanding stars in their own right.

19SS127: Staying Healthy as a Senior**Wed 10:00 - 12:00****Location: MPR****Guest Leader**

Leader: Chris Snell. How much exercise should we be doing as a senior to keep fit and healthy? How does regular exercise build strong muscle and bone, resulting in increased strength and balance? How important is it to have a healthy diet? How much protein is sufficient for seniors? How does the amount of fluid you drink, dietary fibre you eat, and exercise you do, affect the health of your bladder and bowel? Strategies you can employ to optimise the health of these organs in order to remain continent as you age.

19SS129: Bookmarks with a Difference**Wed 1:00 - 3:00****Location: Seniors Meeting Room****Guest Leader**

Leader: Delia Portlock. Making metal decorative bookmarks. Materials and tools supplied. Cost: \$8 for materials, to be paid on the day.

19SS131: Contract Bridge**Wed 12:00 - 3:00****Location: Namatjira****Gilbert Foster**

If you are an experienced Contract Bridge player join like-minded people and enjoy your game while improving your skills. Participants must book in pairs; not suitable for beginners.

19SS133: Nurses in Vietnam**Dates: 16/01/2019****Wed 1:00 - 3:00****Location: Room 5****Guest Leader**

Leader: Mel Thorn. Follow nurses from the Alfred Hospital as they work in civilian hospitals in Vietnam in the 1970s.

19SS135: Trend Trading ASX Shares**Wed 1:00 - 3:00****Location: MPR****Guest Leader**

Leader: Robert Brain. Many investors in the share market are what we call "trend traders". How much money should you invest in any one company? How long should you hold it for? This 2 – hour session explains how to "trend trade" the ASX shares, and the pitfalls to be aware of, and how to manage the risks. This session is of a general nature and does not purport to be specific financial advice.

19SS137: Trivia Quiz**Wed 1:00 - 3:00****Location: Seniors Hall****Guest Leaders**

Leaders: Valerie Donlon & Sandra Courtney. A light hearted quiz to test your general knowledge. No prizes awarded, just bragging rights of being a U3A Egghead. Teams of four will be formed on the day.

THURSDAY 17 JANUARY 2019

19SS139: Duldig Museum & Sculpture Garden

Thu 10:30 - 0:00

Location: 92 Burke Rd, East Malvern

Guest Leader

Leader: Elaine Forde. Historically and aesthetically fascinating, this public museum and art gallery showcases works of art by the internationally acclaimed sculptor Karl Duldig (1902-1986) and his wife, the artist and inventor, Slawa Duldig (1902-1975). In the artists' charming former home, garden and studio, the sculptures, drawings, paintings and decorative arts tell the story of their creative life in Vienna, Singapore and Melbourne. Address; 92 Burke Rd East Malvern. Parking: available in Brunel St or Burke Rd. Coffee and cake on arrival. Cost: \$20.

19SS141: Short Walk

Thu 9:45 - 0:00

Location: Flinders Street Station

David Patston

This is a 7 km walk from the Batman Railway Station to the Ceres Environmental Park in East Brunswick. The walk goes from the railway station to the Merri Creek then follows the creek past the Coburg Lake, the Brunswick Velodrome and the Russian Orthodox Cathedral to the park. After the walk we catch a No 96 tram back to the CBD. Meet at Flinders St Station at 9.45 am on the concourse near the coffee kiosk and tables. We can then catch the next train to Batman Station when all have arrived. The walk may be shortened during the walk if it gets too hot for comfort. Further details will be forwarded to members after booking and before the walk.

19SS142: Camino History, Art & Walking

Thu 10:00 - 12:00

Location: MPR

Andrew Lockwood

The Camino in northern Spain is a 790 km walk to Santiago le Compostella. The talk covers the history of the Camino, art and architecture, and the walk.

19SS143: Mah Jong Western

Thu 10:00 - 12:00

Location: Seniors Hall

Val Lynch

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

19SS144: Travelling Solo Safely

Thu 10:00 - 12:00

Location: Namatjira Room

Guest Leader

Leader: Ken Morgan. The Founder and Managing Director of Two's a Crowd, Ken Morgan, will present an overview of what the travel industry can offer solo travelers and his top tips for safe and enjoyable adventures.

19SS145: Understanding Dementia**Thu 10:00 - 12:00****Location: Room 5****Guest Leader**

Leader: Pamela Aldridge. This interactive presentation will discuss the conditions that can affect cognitive and physical changes, including the nature and characteristics of dementia. How dementia affects the person with a diagnosis and family members and strategies for coping with these changes. Explore positive ways to maintain continuation of a meaningful life both for the carer and person living with dementia.

19SS147: Zen Tangles**Thu 10:00 - 12:00****Location: Plato Room****Guest Leader**

Leader: Bill Stamford. Enjoy the pleasure of Drawing, Coloring, without a talent for Art. Just bring some colored pencils, as cheap as you like but most importantly bring yourselves. Previous attendees most welcome.

19SS149: Bookmarks with a Difference**Thu 1:00 - 3:00****Location: Seniors Meeting Room****Guest Leader**

Leader: Delia Portlock. Making metal decorative bookmarks. Materials and tools supplied Cost: \$8 for materials to be paid on the day.

19SS151: Don't be a Wally Online**Thu 1:00 - 3:00****Location: Room 5****Helen Smith**

Online scams are now very sophisticated and it's getting harder to pick the "baddies". In this session we will look at a number of scams and discuss the steps you can take to keep yourself safe.

19SS152: Line Dancing Slow Waltz**Thu 1:00 - 2:00****Location: Seniors Hall****Lan Tiet**

Introduction to line dancing slow waltz.

19SS153: Line Dancing Tango**Thu 2:00 - 3:00****Location: Seniors Hall****Lan Tiet**

Introduction to line dancing tango.

19SS154: Mathematician's Journey to the Solar System**Thu 1:00 - 3:00****Location: Namatjira Room****Guest Leader**

Leader: Dr Andrew Prentice. Highlighting the many discoveries that have been made by NASA's explorations of our planetary system over the past 40 years and how many of the discoveries that have been made by their fleet of interplanetary spacecraft have confirmed the predictions of Andrew Prentice's theory of Solar System formation. (Dr Andrew Prentice is an Australian mathematician. He is known for using unorthodox methods to make a range of surprisingly accurate predictions about the solar system. He also established the theory of supersonic turbulence. Emeritus Professor at Monash University).

FRIDAY 18 JANUARY 2019

19SS157: Historic Walking Tour in CBD

Dates: 18/01/2019 - 18/01/2019

Fri 10:45 - 3:00

Location: Treasury Café, 1 Treasury Place

Guest Leader

Leader: Pauline & Peter Moncrieff. A guided historic walk from the Old Treasury Building along the former rag trade area of Flinders Lane to explore a vertical shopping centre in the Nicholas Building. Then along Collins St to the Athenaeum Library, Kay Craddock Antiquarian Bookseller, and St Michael's Church. Optional lunch at Elements Café, behind the church. Take the train to Parliament Station, then exit to Macarthur Street, and cross the road. We will meet at the Treasury Café, 1 Treasury Place, at 10.45, with time for a coffee.
