



NUNAWADING
UNIVERSITY OF THE THIRD AGE

2020 Course Guide

Nunawading Community Centre

16 Silver Grove, Nunawading

Room 1: *Ground Floor*

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*

Stadium: *Ground Floor*

Other Silver Grove Locations

Seniors Hall & Seniors Meeting

Room: *22 Silver Grove*

Jaycees Hall: *12 Silver Grove*

Building 14: *14 Silver Grove*

Anglers Club: *4 Silver Grove*

Outside Locations

Computer Centre & Conference Room

1st Floor, 79 Mahoneys Road, Forest Hill

Activity Centre,

AdventCare Retirement Village

2A Laughlin Ave, Nunawading

Kilsyth Sports Stadium

115 Liverpool Road, Kilsyth

Blackburn Bowls Club

65 Pakenham Street, Blackburn

Morack Public Golf Course

Morack & East Roads, Morack South

Eley Park Community Centre

Eley Road, Blackburn South

Rosella Room, Regis Aged Care

40 Central Road, Blackburn

U3A Nunawading Inc.

ABN 13 738 482 624

16-20 Silver Grove

Nunawading

VIC 3131

Reg No A0021951Z

Phone: 03 9878 3898

Email: admin@u3anunawading.org.au

Web: www.u3anunawading.com.au

IMPORTANT INFORMATION

Fees: The annual Membership Fee for 2020 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 6 December, 2019**. As the office will be closed from 4 December, you will only be able to increase your number of classes online until we re-open the office for Summer School on Tuesday 7 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 to 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 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 Reception 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.

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 **2020 Summer School Program** and **Term 1 2020 Computer Class Descriptions** are published separately.

HEALTH ASSESSMENT FORMS

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.

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.

VOLUNTEER OPPORTUNITIES

U3A Nunawading Inc. is a wholly volunteer organisation. All roles including Class Leaders, Committees, Administration and IT Support are carried out by members who want to contribute their skills and time to your U3A. If you would like to become a volunteer please select one or more of the Codes below.

Please note: Selecting any of these Volunteer Codes will not be counted in your class selection total.

20AAVOL1: Volunteer to help on Reception

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 on Reception (once or twice a month) and we will contact you to discuss further.

20AAVOL2: Volunteer for Committee of Management

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 you will be contacted to discuss further.

20AAVOL3: Volunteer for Social Committee

If you wish to volunteer for the Social Committee to help with our social events, please select this code and we will contact you to discuss further.

20AAVOL4: Volunteer to Lead a Class

All of our Class Leaders are Volunteers who share their knowledge and skills. You do not need to be a trained Teacher, just have a good knowledge of your subject. If you wish to volunteer to lead a class please select this code and you will be contacted to discuss further.

20AAVOL5: Volunteer to Lead an ESL Class

All of our Class Leaders are Volunteers who share their knowledge and skills. You do not need to be a trained Teacher, just have a good knowledge of your subject. If you wish to volunteer to lead a class please select this code and we will contact you to discuss further.

20AAVOL6: Volunteer to help with IT Systems

If you have skill in maintaining IT Software or hardware, select this code if you would like us to contact you to discuss how you might volunteer your expertise to our U3A

20AAVOL7: Volunteer to help with Publicity

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.

ART

20ART001: Art History & Appreciation 1

03/02/2020 - 20/11/2020

MPR Silver Grove Nunawading

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.

20ART003: Art History & Appreciation 2

07/02/2020 - 20/11/2020

MPR Silver Grove Nunawading

Long Course

Weekly, Fri 9:30 - 10:45

Class Leader: Andrew Lockwood

This class will study the development of visual arts through the ages using presentations and videos. Included are visits to Art Exhibitions at City, Local and Regional Galleries.

20ART005: Chinese Calligraphy

14/04/2020 - 12/05/2020

Seniors Meeting Room Silver Grove Nunawading

Short Course

Weekly, Tue 2:45 - 4:00

Class Leader: Patrick Kan

An introductory class into Single Character Chinese Calligraphy. Techniques of using the Chinese brush and the composition of single Chinese characters will be taught. Compulsory materials include the ink stone, ink, two Chinese brushes and 16 pieces of Chinese Calligraphic paper at \$30, payable to the class leader at the first session. No need to purchase any new equipment if you have been a member in the past,

20ART007: Drawing & Painting

04/02/2020 - 17/11/2020

Namatjira Silver Grove Nunawading

Long Course

Weekly, Tue 1:30 - 3:30

Class Leader: Jane Levy

This is a self-help class with all members sharing skills. Leaders; Jane Levy & Nick Pringle

20ART009: Drawing with Coloured Pencils

05/02/2020 - 20/11/2020

Namatjira Silver Grove Nunawading

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. Materials will be discussed at the first class. For continuing students there is still more to learn.

20ART011: Drawing & Sketching 1

06/02/2020 - 20/11/2020

MPR Silver Grove Nunawading

Long Course

Weekly, Thu 11:15 - 12:45

Class Leader: Paul Makinson

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

20ART013: Drawing & Sketching 2

06/02/2020 - 20/11/2020

MPR Silver Grove Nunawading

Long Course

Weekly, Thu 1:00 - 2:30

Class Leader: David Blain

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

20ART017: Drawing with Pastels **Long Course**
06/02/2020 - 20/11/2020 **Weekly, Thu 2:30 - 4:00**
Namatjira Silver Grove Nunawading **Class Leader: Annette Mason**
This course is about pastel application and is suitable for new students or students who wish to build on their learning.

20ART019: Drawing with Pen & Ink **Long Course**
03/02/2020 - 20/11/2020 **Weekly, Mon 9:15 - 10:30**
Room 5 Silver Grove Nunawading **Class Leader: Leonie Scott**
Explore the medium of Pen and Ink. The format of the class aims to deliver an 'open' style of Art Workshop. Beginners and Experienced Members are welcome. Requirements: pen and paper. More details at first class.

20ART021: Film Making **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 12:00 - 3:00**
Room 5 Silver Grove Nunawading **Class Leader: Norman Lingwood**
There will be some theory but basically this is a hands-on class. Learn how to tell a story through images. The primary role is directing, but you will work with and maybe write scripts, act, film, edit and look closely at what happens behind the scenes with an opportunity to try yourself. Equipment will be provided or you can bring your own. This class is a lot of fun but needs strong commitment.

20ART023: History of Women in the Art World **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 2:30 - 3:30**
MPR Silver Grove Nunawading **Class Leader: Martin Roulston**
This course will look at women artists through history, their opportunities, influences, styles, techniques and struggle to be accepted. The depiction of women in art through history. Prehistoric art through to modern art.

20ART025: Photography as a Hobby **Long Course**
24/02/2020 - 16/11/2020 **Weekly, Mon 2:45 - 4:00**
Room 5 Silver Grove Nunawading **Class Leader: Archie Kaan**
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. This class does not commence until 24 February.

20ART027: Watercolour 1 **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 12:30 - 2:30**
Room 5 Silver Grove Nunawading **Class Leader: Col Glendinning**
This is not a course for beginners. It is a self-help course with all members sharing skills.

20ART029: Watercolour 2 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 1:15 - 3:15**
Namatjira Silver Grove Nunawading **Class Leader: TBA**
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. On enrolment you will be waitlisted for this class. The leader will contact you to assess your level of competency with watercolour painting prior to you being accepted into the class. Beginners are welcome to apply.

20ART031: Watercolour 3**07/02/2020 - 20/11/2020****Building 14 Silver Grove Nunawading****Long Course****Weekly, Fri 1:00 - 3:00****Class Leader: Denise Illing**

This is a class for the complete beginner, or a member who has a basic knowledge they would like to extend. On acceptance into the class you will be contacted regarding class materials requirements.

CRAFT**20CRA001: Card Making****05/02/2020 - 18/11/2020****Building 14 Silver Grove Nunawading****Long Course****Weekly, Wed 10:45 - 12:30****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.

20CRA003: Paper Craft**22/07/2020 - 18/11/2020****Room 3 Silver Grove Nunawading****Short Course****None, Wed 9:30 - 11:00****Class Leader: Kitty Wong**

Terms 3 & 4 only. You will learn to make various paper and Christmas ornaments over 16 weeks and the final class will be spent trimming the U3A Christmas tree with your masterpieces.

20CRA005: Crochet for Beginners**03/02/2020 - 22/06/2020****Plato Silver Grove Nunawading****Short Course****Weekly, Mon 9:15 - 11:15****Class Leader: Alison Phillips**

Terms 1 & 2 only This is a structured, progressive, skill building class. Understanding fibres 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.

20CRA007: Crochet Intermediate**20/07/2020 - 16/11/2020****Plato Silver Grove Nunawading****Short Course****Weekly, Mon 9:15 - 11:15****Class Leader: Alison Phillips**

Terms 3 & 4 only 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 and 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 last 2 contrasting colours, appropriate hooks.

20CRA011: Knitting Beginners**04/02/2020 - 23/06/2020****Plato Silver Grove Nunawading****Short Course****Weekly, Tue 11:15 - 1:00****Class Leader: Alison Phillips**

Terms 1 & 2 only This is a structured, progressive, skill-building course. Understanding fibres 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.

20CRA013: Knitting Intermediate**21/07/2020 - 17/11/2020****Plato Silver Grove Nunawading****Short Course****Weekly, Tue 11:15 - 1:00****Class Leader: Alison Phillips**

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.

20CRA015: Knitting Advanced**04/02/2020 - 17/11/2020****Room 8 Silver Grove Nunawading****Long Course****Weekly, Tue 9:15 - 11:00****Class Leader: Beverley Wright**

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.

20CRA017: Needlework**06/02/2020 - 19/11/2020****Namatjira Silver Grove Nunawading****Long Course****Weekly, Thu 12:00 - 2:15****Class Leader: Leonie Clyne**

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

20CRA019: Patchwork 1**04/02/2020 - 17/11/2020****Namatjira Silver Grove Nunawading****Long Course****Weekly, Tue 9:30 - 11:30****Class Leader: Lorraine Salter**

This class will focus on many and varied patchwork techniques. Each student will use the technique being studied each semester for their own personalised project. Students new to Patchwork will be introduced to various basic blocks. Machine and/or hand piercing may be used.

20CRA021: Patchwork 2**06/02/2020 - 19/11/2020****Room 3 Silver Grove Nunawading****Long Course****Weekly, Thu 1:15 - 3:15****Class Leader: Judy Leckie**

This 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.*

20CRA023: Patchwork 3**06/02/2020 - 19/11/2020****Room 8 Silver Grove Nunawading****Long Course****Weekly, Thu 9:30 - 11:30****Class Leader: Meryl McEwen**

A group for those who have some experience with patchwork. Individual projects at various skill levels using a variety of techniques. Class projects each term, suggested by class members.

20CRA025: Patchwork 4**05/02/2020 - 18/11/2020****Namatjira Silver Grove Nunawading****Long Course****Weekly, Wed 11:15 - 1:00****Class Leader: Anne Seeney**

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.

20CRA027: Multi-Craft Group**06/02/2020 - 19/11/2020****Room 8 Silver Grove Nunawading****Long Course****Weekly, Thu 11:45 - 1:15****Class Leader: Jasmine Teen**

BYO project to show and tell your skill in knitting, tatting, crochet, quilt, embroidery, card creation, patchwork etc...anything that you can show to the group, and share some tips on their creation. At the same time, socialising and chatting over a cuppa and bikkies/cakes.

20CRA029: Sugar Craft**05/02/2020 - 18/11/2020****Advent Retirement Village 2A Laughlin Ave Nunawading****Long Course****Weekly, Wed 10:45 - 12:00****Class Leader: Lan Tiet**

Leaders: Lan Tiet and Kitty Wong. 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.

20CRA031: Tatting**06/02/2020 - 19/11/2020****Plato Silver Grove Nunawading****Long Course****Weekly, Thu 2:00 - 3:30****Class Leader: Yvonne De Sousa**

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.

DANCE

20DAN001: Ballroom Dancing 1**03/02/2020 - 16/11/2020****Jaycees Hall Silver Grove Nunawading****Long Course****Weekly, Mon 11:00 - 12:30****Class Leader: Marco Ng**

Leaders: Marco Ng and Grace Chung. Australian New Vogue sequence dances. Lessons and social dance. It is preferable to come with a partner and they must be a financial member of U3A Nunawading. Rubber soled shoes and sport shoes are unsuitable for dancing. *This is not a beginners class.*

20DAN003: Ballroom Dancing 2 (Sequence Dancing)**Long Course****04/02/2020 - 17/11/2020****Weekly, Tue 10:45 - 11:45****Jaycees Hall Silver Grove Nunawading****Class Leader: Liza Ng**

This is a beginner 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.

20DAN005: Ballroom Dancing 3 (Evening Class)**Long Course****05/02/2020 - 18/11/2020****Weekly, Wed 20:00 - 22:00****Seniors Hall Silver Grove Nunawading****Class Leader: Beng Lee**

This is a social sequence class for experienced dancers who can execute the basic figures and the 15 championship dances. As a minimum, participants should be able to execute the rotary chasse and reverse Viennese competently. There is no formal teaching. We learn by mutual exchange of knowledge, tips and techniques; and plenty of practice. The operative motto is "Everlasting joy comes from continuous self-improvement". It is advisable to come with a partner, who must be a financial member of U3A Nunawading.

20DAN007: Ballroom Dance 4 (Evening class)**Long Course****07/02/2020 - 20/11/2020****Weekly, Fri 19:00 - 21:00****Jaycees Hall Silver Grove Nunawading****Class Leader: Ying Ying Lee**

Dancing is a fantastic way to stay mentally and physically active whilst having fun. This class is conducted principally in Mandarin with helpful translations from other members. The teaching is done mainly by demonstration. You need a sense of rhythm and need to know most of the 15 championship sequence dances. This class will then aim to improve the basic, essential techniques to enable you to enjoy these dances. These techniques are from standard Modern and Latin basic moves. Wear comfortable shoes suitable for dancing.

20DAN009: Belly Dancing Experienced**Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 2:45 - 3:45****Stadium Silver Grove Nunawading****Class Leader: Maria Makrides**

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

20DAN011: Belly Dancing Techniques**Long Course****04/02/2020 - 17/11/2020****Weekly, Tue 2:15 - 3:15****Stadium Silver Grove Nunawading****Class Leader: Gabrielle P**

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.

20DAN013: Chinese Dance**Long Course****05/02/2020 - 18/11/2020****Weekly, Wed 12:00 - 1:00****Jaycees Hall Silver Grove Nunawading****Class Leader: Ying Zhao**

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.

20DAN014: Dance Fitness Fun **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 1:00 - 2:00**
Stadium Silver Grove Nunawading **Class Leader: Betsy Gumma**

Let's have fun and do a dance fitness workout to hits from the 60s, 70s, 80s, etc. You will also be dancing to music styles from around the world such as Latin, Bollywood, Middle Eastern & Pop. This is a low to medium impact workout that mixes fitness variations and dance moves. No prior dance experience is required. Anyone can pick up the easy to follow moves. Just relax and move your body to the music, have fun and bring your smiles. Health Assessment Form is required.

Light comfortable clothing is recommended. Runners or soft soled shoes are required to be worn.

20DAN015: Greek Dancing **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 1:30 - 2:30**
Stadium Silver Grove Nunawading **Class Leader: Dianne Hardy**

Leaders: Dianne Hardy & Maria Makrides. For those who enjoy dancing in a relaxed atmosphere. Beginners welcome.

20DAN017: Line Dancing Beginners **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 1:30 - 2:30**
Jaycees Hall Silver Grove Nunawading **Class Leader: Herminia Harrison**

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 in Terms 3 & 4*

20DAN021: Line Dancing Improver to Intermediate **Long Course**
03/02/2020 - 02/11/2020 **Weekly, Mon 9:30 - 10:45**
Jaycees Hall Silver Grove Nunawading **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 if they attend.

20DAN023: Philippine Cultural Dancing **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 3:00 - 4:00**
Jaycees Hall Silver Grove Nunawading **Class Leader: Herminia Harrison**

As varied as are the people of the Philippines, so too are the dances. If you have a passion for dance come and learn the cultural dancing of the Philippines.

20DAN025: Rock 'n' Roll Beginners 1 **Long Course**
04/02/2020 - 03/11/2020 **Weekly, Tue 1:15 - 2:15**
Jaycees Hall Silver Grove Nunawading **Class Leader: Manny Alexiou**

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

20DAN027: Rock 'n' Roll Beginners 2 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 2:30 - 3:30**
Jaycees Hall Silver Grove Nunawading **Class Leader: Manny Alexiou**

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

20DAN029: Rock 'n' Roll Advanced**Long Course****05/02/2020 - 18/11/2020****Weekly, Wed 1:15 - 2:15****Jaycees Hall Silver Grove Nunawading****Class Leader: Manny Alexiou**

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

DANCE Restricted

20DANR31: Zumba 1**Long Course****05/02/2020 - 18/11/2020****Weekly, Wed 12:15 - 1:15****Seniors Hall Silver Grove Nunawading****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 are recommended. Health Assessment Form is required.

20DANR33: Zumba 2**Long Course****04/02/2020 - 19/11/2020****Weekly, Tue 3:15 - 4:15****Seniors Hall Silver Grove Nunawading****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 is required.

20DANR35: Zumba 3**Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 1:00 - 2:00****Jaycees Hall Silver Grove Nunawading****Class Leader: Chris Winterbine**

This is a fun and enjoyable workout class to get your body moving and to invigorate your energy level. It integrates easy-to-learn routines designed to tone your body and improve your cardio fitness. No dance experience is necessary as the class 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 is required.

EXERCISE GENERAL FITNESS

20EXEF01: Chair Based Exercise**Long Course****06/02/2020 - 19/11/2020****Weekly, Thu 12:30 - 1:30****Advent Retirement Village 2A Laughlin Ave Nunawading****Class Leader: Karen Postill**

This class is for Members who may have limited mobility but would still like to be fit and healthy. Even if you have not exercised for some time you will be surprised how much you can still do! Health Assessment Form is required.

20EXEF03: Fundamental Exercise for Men **Long Course**
03/02/2020 - 02/11/2020 **Weekly, Mon 11:00 - 12:00**
Stadium Silver Grove Nunawading **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 is required.

20EXEF05: Gentle Exercise **Long Course**
05/02/2020 - 04/11/2020 **Weekly, Wed 9:30 - 10:30**
Seniors Hall Silver Grove Nunawading **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. BYO Set of Weights (dumbbells), Stretch Bands and drink bottle. Health Assessment Form is required.

20EXEF07: Legs Strength Training **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 12:00 - 1:00**
Eley Park Comm Centre Eley Rd Blackburn South **Class Leader: Siu Hoi SO**

Stretching and leg muscle strengthening exercise, plus deep diaphragm breathing technique and cardiovascular fitness training. One class a month may be held at the Kokoda Memorial Track, Ferntree Gully. Health Assessment Form is required.

20EXEF09: Walking Group Gentle **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 10:00 - 11:30**
Venue Advised **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. Health Assessment Form is required.

20EXEF11: Walking Group 1 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 10:00 - 12:00**
Venue Advised **Class Leader: Adrienne Jardine**

Leaders: Adrienne Jardine and Caroline Somerville. Walking is one of the best weight-bearing exercises to keep you fit and healthy. Join this friendly group and explore new territories. List of venues will be emailed to you or available from the Leader's Pigeonhole. U3A Heat Policy Applies. Health Assessment Form is required.

20EXEF13: Walking Group 2 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 10:00 - 12:00**
Venue Advised **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. U3A Heat Policy Applies. Health Assessment Form is required.

20EXEF15: Walking - Bush**Long Course****03/02/2020 - 16/11/2020****Monthly, Mon 8:00 - 0:00****Venue Advised****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 Leaders Pigeonhole. U3A Heat Policy Applies. Health Assessment Form is required.

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 eaten 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 the ability to walk up the Kokoda steps at Ferntree Gully.

20EXEF17: Walking - Nordic**Long Course****04/02/2020 - 17/11/2020****Weekly, Tue 9:00 - 12:00****Venue Advised****Class Leader: Kathy Leitch**

Nordic walking is fitness using walking poles. U3A poles supplied first term. You must be able to walk 5km/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 Leaders pigeonhole. U3A Heat Policy Applies. Health Assessment Form is required.

20EXEF19: Walking - Short Day Walks**Long Course****20/02/2020 - 19/11/2020****Monthly, Thu 10:00 - 3:00****Venue Advised****Class Leader: Rodney Taylor**

The first walk will be on 20 February. Westgate Park to Middle Park via Hobsons Bay, More detailed information on acceptance into class. U3A Heat Policy Applies. Health Assessment Form is required.

EXERCISE GENERAL FITNESS Restricted**20EXEFR1: Fit & Active 1****Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 9:30 - 10:30****Stadium Silver Grove Nunawading****Class Leader: Dianne Michael**

A fun way to maintain or achieve a higher level of cardio fitness, strength, Tabata, 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. BYO Set of Weights (dumbbells), Stretch Bands, Mat and drink bottle. Health Assessment Form is required.

20EXEFR3: Fit & Active 2**Long Course****06/02/2020 - 19/11/2020****Weekly, Thu 8:45 - 9:45****Seniors Hall Silver Grove Nunawading****Class Leader: Bev Baseden**

This energetic exercise class offers interval training including Tabata, Balance and Weights plus fun dance based exercises to music. BYO Set of Weights (dumbbells), Stretch Bands, Mat and drink bottle. 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 is required.

20EXEFR5: Fit & Active 3 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 9:00 - 10:00**
Stadium Silver Grove Nunawading **Class Leader: Bev Baseden**

This energetic exercise class offers interval training including Tabata, Balance and Weights plus fun dance based exercises to music. BYO Set of Weights (dumbbells), Stretch Bands, Mat and drink bottle. 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 is required.

20EXEFR7: Moderate Active 1 **Long Course**
05/02/2020 - 04/11/2020 **Weekly, Wed 9:30 - 10:30**
Jaycees Hall Silver Grove Nunawading **Class Leader: Barb Ryder**

Cardio work is included for up to eight minutes each week. Also included is Tabata, Core Strength, Balance, Mat work and stretching. BYO Set of Weights (dumbbells), Stretch Bands, Mat and drink bottle. It is recommend that you attend regularly to gain the most from your exercise. Health Assessment Form is required.

20EXEFR9: Moderate Active 2 **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 10:00 - 11:00**
Seniors Hall Silver Grove Nunawading **Class Leader: Barb Ryder**

Cardio work is included for up to eight minutes each week. Also included is Tabata, Core Strength, Balance, Mat work and stretching. BYO Set of Weights (dumbbells), Stretch Bands, Mat and drink bottle. It is recommend that you attend regularly to gain the most from your exercise. Health Assessment Form is required.

EXERCISE MOVEMENT & MEDITATION

20EXEM00: Eight Embroidered Chinese Exercise **Short Course**
20/02/2020 - 12/03/2020 **Weekly, Thu 1:00 - 2:00**
Jaycees Hall Silver Grove Nunawading **Class Leader: Marco Ng**

This is a four week only class and is an introduction to ancient Chinese Exercise for Good Health, especially for older people. These eight style exercises are easy to learn, effective but simple.

20EXEM01: Eight Form Moving Meditation **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 11:00 - 12:45**
Seniors Hall Silver Grove Nunawading **Class Leader: Cam Luu**

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

20EXEM03: Meditation **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 11:30 - 1:00**
Room 5 Silver Grove Nunawading **Class Leader: Carmen Bongailas**

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.

20EXEM05: Moving, Breathing, Sensing with Yoga**Long Course****06/02/2020 - 19/11/2020****Weekly, Thu 17:30 - 18:30****Seniors Hall Silver Grove Nunawading****Class Leader: Gillian Teo**

This class aims to develop deeper awareness of our body, our mind and of the body-mind connection, so that we can move and interact with the environment mindfully. We will practise exploring and learning to "listen" to our bodies. We will learn to move our bodies and use props when we need them to support us. The classes promote wellbeing, self-care and stillness of the mind. Each participant should bring an appropriate firm yoga mat and a medium-sized towel. Participants will be advised on the use of other props such as foam blocks and straps in class.

20EXEM07: Pilates/Fit Ball**Long Course****04/02/2020 - 17/11/2020****Weekly, Tue 9:15 - 10:00****Regis Rosella Room 40 Central Road Blackburn****Class Leader: Dianne Michael**

Strengthen entire core, develop long strong muscles while increasing flexibility and improving overall posture and balance. This class uses Fitballs. You will be required to provide your own Pilates mat and Fit Ball. Health Assessment form is required.

20EXEM09: Self Defence**Long Course****06/02/2020 - 19/11/2020****Weekly, Thu 12:30 - 1:30****Room 5 Silver Grove Nunawading****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.

20EXEM11: Stretch & Strengthen**Long Course****05/02/2020 - 18/11/2020****Weekly, Wed 9:30 - 10:30****Advent Retirement Village 2A Laughlin Ave Nunawading****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 is held at the end of the class. Students should bring along a mat. Health Assessment Form is required.

20EXEM13: Tai Chi 1 Simplified 24 Form**Long Course****05/02/2020 - 18/11/2020****Weekly, Wed 10:45 - 11:45****Jaycees Hall Silver Grove Nunawading****Class Leader: Rita Chew**

This is a class suitable for beginners or those who have done a little bit of Tai Chi. The class will emphasise the basic Tai Chi movements before moving on to learn Tai Chi 8 which is a series of 8 movements. You will learn how to improve balance, wellbeing, and regulate your 'chi'. We will then move on to learn the Simplified 24 Form which will exercise mind and body. A good degree of commitment is required. No new enrolments after Term 1. Those who have completed two years of this class and would like to re-enroll will be waitlisted until Term 2.

20EXEM15: Tai Chi 1A Simplified 24 Form**Long Course****05/02/2020 - 18/11/2020****Weekly, Wed 12:30 - 1:30****Advent Retirement Village 2A Laughlin Ave Nunawading****Class Leader: Seng Goh**

This is a class suitable for beginners or those who have done a little bit of Tai Chi. The class will emphasise the basic Tai Chi movements before moving on to learn Tai Chi 8 which is a series of 8 movements. You will learn how to improve balance, wellbeing, and regulate your 'chi'. We will then move on to learn the Simplified 24 Form which will exercise mind and body.

20EXEM17: Tai Chi 2 Shibashi**Long Course****06/02/2020 - 19/11/2020****Weekly, Thu 11:15 - 12:15****Seniors Hall Silver Grove Nunawading****Class Leader: Evelyn Bowman**

A gentle and beautiful Oriental exercise.

20EXEM19: Tai Chi 3A QiGong**Long Course****07/02/2020 - 20/11/2020****Weekly, Fri 9:30 - 10:30****Eley Park Comm Centre Eley Rd Blackburn South****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.

20EXEM21: Tai Chi 3B QiGong**Long Course****07/02/2020 - 20/11/2020****Weekly, Fri 10:45 - 11:45****Eley Park Comm Centre Eley Rd Blackburn South****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

20EXEM23: Tai Chi 3C QiGong**Long Course****06/02/2020 - 19/11/2020****Weekly, Thu 11:30 - 12:15****Advent Retirement Village 2A Laughlin Ave Nunawading****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

20EXEM25: Tai Chi QiGong 4**Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 12:30 - 1:15****Stadium Silver Grove Nunawading****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.

20EXEM27: Yang Family Taiji Quan Beginner **Long Course**
12/02/2020 - 18/11/2020 **Weekly, Wed 12:45 - 1:45**
Stadium Silver Grove Nunawading **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.

20EXEM29: Yang Family Taiji Quan Intermediate **Long Course**
12/02/2020 - 18/11/2020 **Weekly, Wed 2:00 - 3:00**
Stadium Silver Grove Nunawading **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.

20EXEM31: Yang Family Taiji Quan Advanced **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 12:30 - 1:45**
Seniors Hall Silver Grove Nunawading **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 the Dao Yin Yang Sheng Qigong form and the Tung Family Taiji Quan Fast Form. Other forms may be taught subject to proficiency and interest. (Please note that due to accommodation limits, student numbers are strictly limited in this class)

20EXEM33: Yang Family Taiji Quan Senior Advanced **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 2:00 - 3:00**
Seniors Hall Silver Grove Nunawading **Class Leader: Frank Chai**

This class is restricted to only those students who have completed the Advanced Level class and have demonstrated a satisfactory level of proficiency and commitment that meets the instructor's expectations. Students will be instructed on Push Hands (Fixed Step, Moving Step) and the Two Person Sparring Set (San Shou Dui Da). (Please note that due to the higher level of proficiency and commitment required, student numbers will be restricted in this class)

EXERCISE MOVEMENT & MEDITATION Restricted

20EXEMR1: Yoga 1 **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 9:30 - 10:30**
Jaycees Hall Silver Grove Nunawading **Class Leader: Li Li Wang**

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

20EXEMR3: Yoga 2 - Flow Yoga **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 9:15 - 10:30**
Seniors Hall Silver Grove Nunawading **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 is required.

20EXEMR5: Yoga 3 **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 1:45 - 2:45**
Advent Retirement Village 2A Laughlin Ave Nunawading **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 is required.

20EXEMR7: Yoga 4 **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 12:00 - 1:00**
Jaycees Hall Silver Grove Nunawading **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 is required.

20EXEMR9: Yoga 5 **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 1:00 - 2:00**
Room 5 Silver Grove Nunawading **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 is required.

EXERCISE SPORT

20EXES01: Badminton **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 12:30 - 3:00**
Stadium Silver Grove Nunawading **Class Leader: Jean Tomlinson**
If you have any racquet skills, play tennis, squash or badminton, come along to a fun class. All standards welcome. You will need sports attire including white soled sports shoes. The class is designed for members to have fun and improve fitness. Must bring your own racquet. \$2 per week to cover cost of shuttles. Leaders. Graham Haynes. Jean Tomlinson. George Wilson

20EXES03: Bowls Beginners and Experienced **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 10:00 - 11:30**
Blackburn Bowls 65 Pakenham St Blackburn **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.

20EXES05: Golf **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 7:30 - 12:00**
Morack Golf Course Morack & East Roads Vermont South **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.

20EXES07: Table Tennis **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 10:00 - 12:00**
Kilsyth Sports Centre 115 Liverpool Rd Kilsyth **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 \$5.00.

20EXES09: Walking Football **Short Course**
20/07/2020 - 16/11/2020 **Weekly, Mon 1:00 - 3:00**
Venue Advised **Class Leader: TBA**
This is a social, small-sided and sustainable version of football specifically modified for older Australians. It is low impact, team based exercise, utilizing the defined 'Walking Football Rules and Formats' providing physical and mental health benefits, social connectedness and promotion of the benefits of ongoing physical activity. Please Note: This class does not commence until Term 3.

GAMES

20GAM001: Card Game Hand & Foot **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 12:00 - 3:00**
Room 8 Silver Grove Nunawading **Class Leader: Barb Ryder**
If you enjoy playing Hand & Foot or want to learn, come along. Knowledge of cards necessary. If you have played Canasta you will soon pick up Hand & Foot.

20GAM003: Chess **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 12:45 - 2:45**
Building 14 Silver Grove Nunawading **Class Leader: Alan Gray**
All levels are welcome from beginners to advanced players. Come and enjoy a friendly challenge.

20GAM005: Contract Bridge **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 1:00 - 4:00**
Namatjira Silver Grove Nunawading **Class Leader: Gilbert Foster**
If you are an experienced Contract Bridge player join like-minded people and improve your skills.

20GAM006: Cryptic Crosswords **Short Course**
05/02/2020 - 24/06/2020 **Weekly, Wed 2:00 - 3:00**
Room 3 Silver Grove Nunawading **Class Leader: Margaret Lawlor**
If you enjoy doing crosswords but find cryptic crosswords puzzling, then this course is for you. You will learn about the different types of cryptic crossword clues, solve some simple clues and then move on to solving simple cryptic crossword puzzles.

20GAM007: Mah Jong Eastern **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 1:00 - 3:00**
Seniors Hall Silver Grove Nunawading **Class Leader: Herbert Yim**
This tile-based games was developed in China is now popular throughout the world. Enjoy the class in a relaxed social atmosphere. Beginners welcome.

20GAM009: Mah Jong Western **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 9:30 - 11:30**
Namatjira Silver Grove Nunawading **Class Leader: Val Lynch**
This is a fascinating ancient Chinese game played with small decorated tiles. Come and enjoy a sociable and pleasant session. Beginners welcome.

20GAM011: Scrabble **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 9:30 - 11:30**
Advent Retirement Village 2A Laughlin Ave Nunawading **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

20HIS001: Africa: the Dark Continent **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 2:30 - 3:30**
Plato Silver Grove Nunawading **Class Leader: June MacDonald**
The class will explore the History of Colonial Africa, Diversity of Peoples and their cultures, current influences on development and issues for travelers. This is a discussion group not lecture mode. Individual research and the sharing of news articles and reading will be encouraged.

20HIS003: Ancient Egyptian History **Long Course**
03/02/2020 - 02/11/2020 **Weekly, Mon 12:15 - 1:30**
Advent Retirement Village 2A Laughlin Ave Nunawading **Class Leader: Joan Kelleher**
This class 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.

20HIS005: Australian History **Long Course**
14/02/2020 - 13/11/2020 **Second and Fourth weeks, Fri 10:45 - 12:15**
Namatjira Silver Grove Nunawading **Class Leader: Maria Ryan**
This class will explore various aspects of the history of Australia from the first settlement through to the 21st century. Social, cultural, economic and political aspects will be included. It will attempt to include the ordinary person as well as the key players. A range of historical interpretation and perspectives will be incorporated, Second & Fourth Friday of the month.

20HIS007: Big History **Long Course**
04/02/2020 - 24/11/2020 **Weekly, Tue 12:00 - 1:00**
MPR Silver Grove Nunawading **Class Leader: Albert Ip**
This class 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

20HIS009: China Today **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 1:15 - 2:15**
MPR Silver Grove Nunawading **Class Leader: Albert Ip**

This class will now focus on China as a force in the Asia Pacific. Discussion and conversation will be encouraged.

20HIS011: European History 20th Century **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 11:45 - 1:15**
Namatjira Silver Grove Nunawading **Class Leader: Tony Walther**

This class covers the turbulent history of Europe in the 20th Century.

20HIS013: Family History Genealogy Beginners **Long Course**
14/02/2020 - 20/11/2020 **Weekly, Fri 2:00 - 4:00**
Conference Room 79 Mahoneys Rd 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. Not 1st Friday of the month.

20HIS015: Family History Genealogy Experienced **Long Course**
14/02/2020 - 20/11/2020 **Weekly, Fri 10:30 - 12:30**
Conference Room 79 Mahoneys Rd Forest Hill **Class Leader: Ingrid Nelson**

This class is for the Experienced and Advanced Genealogists / Family historians. Prerequisite Genealogy Beginners. Not 1st Friday of the month.

20HIS017: Film and History **Long Course**
12/02/2020 - 18/11/2020 **Weekly, Wed 1:45 - 3:00**
MPR Silver Grove Nunawading **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.

20HIS019: Military History **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 9:15 - 11:00**
Room 5 Silver Grove Nunawading **Class Leader: Mel Green**

This class will cover topics from early classical times to present day. It includes weaponry, strategy, 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.

20HIS021: Movies through the Decades **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 9:15 - 11:15**
Room 9 Silver Grove Nunawading **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

20HUM001: Comparative Religion

07/02/2020 - 20/11/2020

Plato Silver Grove Nunawading

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

Long Course

Weekly, Fri 12:45 - 2:45

Class Leader: Albert Isaacs

20HUM003: Consumer Advertising

05/02/2020 - 25/03/2020

Plato Silver Grove Nunawading

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 class 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!

Short Course

Weekly, Wed 10:45 - 11:45

Class Leader: David Bednall

20HUM005: Emotional Freedom Technique (EFT)

05/02/2020 - 18/11/2020

Room 9 Silver Grove Nunawading

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 (1) mentally 'tune in' to specific negative issues while (2) 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. There are over 90 million pages on the internet mentioning this technique but so are few aware of its benefits.

Long Course

Weekly, Wed 9:30 - 11:15

Class Leader: Colin Carter

No prerequisite but it would be an advantage to view videos and instructions on the Internet.

20HUM007: Empowerment

03/02/2020 - 16/11/2020

Building 14 Silver Grove Nunawading

Want to live your best life yet? 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.

Long Course

Weekly, Mon 10:45 - 12:00

Class Leader: Paulina Chong

20HUM009: Fascinating People through the Ages

06/02/2020 - 19/11/2020

MPR Silver Grove Nunawading

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.

Long Course

Weekly, Thu 2:45 - 4:00

Class Leader: Ivan Glynn

20HUM011: Heal your Life **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 11:30 - 1:30**
Room 3 Silver Grove Nunawading **Class Leader: Camellia Florescu**

For every occurrence in our life, there is a thought pattern that precedes and maintains it. Our consistent thinking patterns create our experiences. Therefore, by changing our thinking patterns, we change our experiences. During the course of these workshops, we will be focusing on finding negative messages and patterns, release negative limiting beliefs and replace them with positive thoughts and feelings to help heal ourselves in mind, body and spirit. Relevant Meditation Techniques & Valuable Tools which help us to overcome life problems and health issues will be included. This technique has been practised by the well-known Louise Hay, a metaphysical teacher.

20HUM013: Keep Your Brain Active **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 10:45 - 11:45**
MPR Silver Grove Nunawading **Class Leader: Tom Edwards**

It is as important to maintain cognitive function as we age as it is to maintain 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.

20HUM015: Literature Appreciation **Long Course**
07/02/2020 - 20/11/2020 **First and third weeks, Fri 10:45 - 12:15**
Namatjira Silver Grove Nunawading **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, characterization, plot and imagery. Members may offer to present a book and lead discussion. Members will need to source their own copy of chosen texts. First, third and fifth Friday of the month.

20HUM017: Pathways to Inner Self **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Wed 9:15 - 10:30**
Building 14 Silver Grove Nunawading **Class Leader: Keerti Baxi**

This meditation class seeks to investigate questions pertaining to life and identity by stopping, observing and steering us towards a positive attitude, harnessing the power of the mind. This is a workshop and discussion group to help understand One's self and cultivate Willpower. Please bring a note book and pen.

20HUM019: Philosophy for Living **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 2:30 - 4:00**
MPR Silver Grove Nunawading **Class Leader: Wade Dickson**

In this wide-ranging class 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, giving 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"?

20HUM020: Philosophy Phor Phun Discussion**Long Course****06/02/2020 - 19/11/2020****Weekly, Wed 12:30 - 1:30****MPR Silver Grove Nunawading****Class Leader: Sam Au**

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

20HUM021: Poetry for Pleasure**Long Course****03/02/2020 - 16/11/2020****First and third weeks, Mon 2:30 - 4:00****Plato Silver Grove Nunawading****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

20HUM023: Public Speaking**Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 9:15 - 10:30****Building 14 Silver Grove Nunawading****Class Leader: Keith Graham**

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. Meetings will follow an established program.

20HUM027: Share Trading & Investing 1**Long Course****05/02/2020 - 18/11/2020****Weekly, Wed 1:30 - 2:45****Seniors Meeting Room Silver Grove Nunawading****Class Leader: Eric Kratzer**

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 centred around weekly financial events.

20HUM029: Share Trading & Investing 2**Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 9:30 - 11:00****Room 9 Silver Grove Nunawading****Class Leader: Eric Kratzer**

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 centred around weekly financial events.

20HUM031: Tarot Cards Introduction**Long Course****04/02/2020 - 17/11/2020****Weekly, Tue 11:00 - 12:30****Seniors Meeting Room Silver Grove Nunawading****Class Leader: Naomi Towers**

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 each of the cards means. No new enrolments after first two weeks.

20HUM033: Tarot Cards Advanced**Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 2:00 - 3:00****Building 14 Silver Grove Nunawading****Class Leader: Naomi Towers**

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

20HUM035: Travel Tips **Long Course**
06/02/2020 - 19/11/2020 **First and third weeks, Thu 1:15 - 2:15**
Seniors Meeting Room Silver Grove Nunawading **Class Leader: Valerie Vernon**

The aim of this class is to create confidence and enjoyment in travelling and staying safe when travelling solo. Learn from discussing with other members in the class about their experiences. Explore offers on trips, travel insurance and airlines. First and third Thursday of the month.

20HUM037: Wine Appreciation **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 2:30 - 4:00**
Room 8 Silver Grove Nunawading **Class Leader: Philippe De Montignie**

This class 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.

20HUM039: Writing Skills **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 2:00 - 3:30**
Room 9 Silver Grove Nunawading **Class Leader: Dave Price**

Leaders: Dave Price and Neville Betts. If you have thought about writing stories, recording your experiences. This class will endeavour to help develop your ideas and skills.

HUMANITIES Restricted

20HUMR01: Current Affairs 1 **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 11:45 - 12:45**
Namatjira Silver Grove Nunawading **Class Leader: David Gannon**

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

20HUMR03: Current Affairs 2 **Long Course**
05/02/2020 - 04/11/2020 **Weekly, Wed 11:15 - 12:15**
MPR Silver Grove Nunawading **Class Leader: David Gannon**

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

20HUMR05: Current Affairs 3 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 9:15 - 10:30**
MPR Silver Grove Nunawading **Class Leader: Allan Brownrigg**

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

LANGUAGES

20ESL001: ESL Beginners 3

06/02/2020 - 19/11/2020

Room 1 Silver Grove Nunawading

Long Course

Weekly, Tue 2:00 - 3:00

Class Leader: Maree Odgers

This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

20ESL003: ESL Beginners 2

06/02/2020 - 19/11/2020

Room 1 Silver Grove Nunawading

Long Course

Weekly, Wed 10.00 - 11:00

Class Leader: Eileen Lavis

This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

20ESL005: ESL Beginners 1

06/02/2020 - 19/11/2020

Room 1 Silver Grove Nunawading

Long Course

Weekly, Thu 2:00 - 3:00

Class Leader: Maree Odgers

This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

20ESL009: ESL Beginners Plus 1

07/02/2020 - 20/11/2020

Room 1 Silver Grove Nunawading

Long Course

Weekly, Fri 10:00 - 11:00

Class Leader: Chesa Cap

This class is designed to build on basic English skills or having completed at least a 12 months beginner class. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

20ESL011: ESL Beginners Plus 2

05/02/2020 - 18/11/2020

Room 1 Silver Grove Nunawading

Long Course

Weekly, Wed 9:45 - 11:00

Class Leader: June MacDonald

This class is designed to build on basic English skills or having completed at least a 12 months beginner class. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

20ESL013: ESL Intermediate 1**Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 9:30 - 10:30****Room 1 Silver Grove Nunawading****Class Leader: Liz Wilhelm**

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly.

You need to be able to speak English with some degree of fluency.

20ESL015: ESL Intermediate 2**Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 10:45 - 12:00****Room 1 Silver Grove Nunawading****Class Leader: Anne Fortune**

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly.

You need to be able to speak English with some degree of fluency.

20ESL017: ESL Intermediate 3**Long Course****04/02/2020 - 17/11/2020****Weekly, Tue 12:00 - 1:00****Room 1 Silver Grove Nunawading****Class Leader: Elizabeth Sloan**

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly.

You need to be able to speak English with some degree of fluency.

20ESL018: ESL Intermediate 4**Long Course****05/02/2020 - 18/11/2020****Weekly, Wed 11:30 - 12:30****Room 1 Silver Grove Nunawading****Class Leader: Janine McAlpine**

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly.

You need to be able to speak English with some degree of fluency.

20ESL019: ESL Intermediate 5**Long Course****06/02/2020 - 19/11/2020****Weekly, Thu 11:30 - 12:30****Room 1 Silver Grove Nunawading****Class Leader: Maree Odgers**

This class offers you an opportunity to improve your pronunciation and increase your confidence when speaking English by discussing stories, local events, current affairs and Australian culture using more complex sentence structures. Some grammar will be included along with reading, new vocabulary and writing short texts. Classes are small, relaxed and friendly.

You need to be able to speak English with some degree of fluency.

20ESL020: ESL Intermediate 6 **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 12:30 - 1:30**
Room 1 Silver Grove Nunawading **Class Leader: Maree Odgers**

This class is designed to develop basic English skills. It is desirable that you have at least some knowledge of spoken English. You will have opportunities to develop confidence with your conversation skills in a relaxed and friendly environment using simple sentences, asking questions and learning to keep a conversation going. Correct pronunciation will be encouraged, along with the reading of simple texts. New vocabulary, including Australian expressions and idioms will be introduced as well as learning some informal grammar.

20ESL021: ESL Advanced 1 **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 11:30 - 1:00**
Room 3 Silver Grove Nunawading **Class Leader: Lola Lane**

This class is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud you will improve your grammar and pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive.

20ESL023: ESL Advanced 2 **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 2:15 - 3:15**
Room 1 Silver Grove Nunawading **Class Leader: Margaret Barwell**

This class is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud you will improve your grammar and pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive.

20ESL025: ESL Advanced 3 **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 10:00 - 11:15**
Room 1 Silver Grove Nunawading **Class Leader: Barbara Sommers**

This class is suitable for students with a reasonable English vocabulary and is designed to give you confidence and an opportunity to increase your conversation skills. By discussing various topics and reading out aloud you will improve your grammar and pronunciation. We discuss a range of topics ranging from current affairs, Australian culture, to questions about everyday living in Australia. Classes are small, relaxed and very supportive.

20LAN001: Chinese Basic Introduction **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 8:45 - 10:00**
Room 3 Silver Grove Nunawading **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.

20LAN003: Chinese Level 1 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 12:00 - 1:00**
Plato Silver Grove Nunawading **Class Leader: Lily Sui**

If you have a small knowledge of the Chinese Language (Mandarin) and would like to progress to the next level, this class will help you to achieve whilst working at your own pace.

20LAN005: Chinese Level 2

Long Course

06/02/2020 - 19/11/2020

Weekly, Thu 11:15 - 12:15

Room 3 Silver Grove Nunawading

Class Leader: Beulah Gardiner

This class is for students who have completed 'Ni Hao' Book 1. It 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: continuing with 'Ni Hao' Book 2.

20LAN007: Chinese Level 3A

Long Course

03/02/2020 - 16/11/2020

Weekly, Mon 11:30 - 12:30

Plato Silver Grove Nunawading

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.

20LAN009: Chinese Level 3B **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 11:15 - 12:15**
Room 5 Silver Grove Nunawading **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.

20LAN011: Chinese Level 3C **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 9:45 - 10:45**
MPR Silver Grove Nunawading **Class Leader: Beulah Gardiner**

This class is for those who have completed Chinese Beginners. The class will be finishing Hanyu Book 1 and moving on to Ni Hao Book 2.

20LAN013: Chinese Level 3D Hanyu Pinyin Elementary **Long Course**
04/02/2020 - 19/11/2020 **Weekly, Tue 2:15 - 3:15**
Room 5 Silver Grove Nunawading **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.

20LAN015: Chinese Level 4A **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 8:30 - 9:30**
MPR Silver Grove Nunawading **Class Leader: Beulah Gardiner**

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

20LAN017: Chinese Level 4B **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 9:00 - 10:00**
Namatjira Silver Grove Nunawading **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.

20LAN019: Chinese Level 5A **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 11:00 - 12:00**
Plato Silver Grove Nunawading **Class Leader: Sue Deng**

This class is for intermediate 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 also be made to keep the material relevant and of contemporary interest.

20LAN021: Chinese Level 5B **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 9:30 - 11:00**
Room 8 Silver Grove Nunawading **Class Leader: Joan Yang**

Members of this class should have at least Chinese level 4 competency. Classical stories, poetry, traditional cultures, various Chinese culinary cuisines, with an introduction of China geography and tourist attractions will be covered. This will be a fun class with interactive subject matters.

20LAN023: Chinese Level 6 **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 1:00 - 2:00**
MPR Silver Grove Nunawading **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.

20LAN025: Chinese Level 7 **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 10:15 - 11:45**
Namatjira Silver Grove Nunawading **Class Leader: Rongping Press**

This class is an advanced level class with focus on the Chinese characters, tradition and customs.

20LAN027: French Level 1 **Long Course**
05/02/2020 - 11/11/2020 **Weekly, Wed 1:15 - 2:15**
Room 5 Silver Grove Nunawading **Class Leader: Ilsa Rose**

This class is for beginners from 2019 who wish to continue their learning of the French language. It is also suitable for those who already have a basic knowledge. Communication and grammar will be involved while 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 as a "French for Travelers" class. Texts: 1. Colloquial French, the complete course for beginners - Valerie Demouy & Alan Moys. 2. Practice makes perfect; Basic French. Elaine Kurbefor.

20LAN029: French Level 2 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 2:20 - 3:20**
Room 5 Silver Grove Nunawading **Class Leader: Ilsa Rose**

A class is for members who have a fair knowledge of the French Language. Communication and grammar will be involved while also touching on topics of general interest, customs and culture. Text Books: Colloquial French, The Complete Course for Beginners, Valerie Demouy and Alan Moys.

20LAN031: French Level 4A **Long Course**
03/02/2020 - 23/11/2020 **Weekly, Mon 10:45 - 12:15**
Room 5 Silver Grove Nunawading **Class Leader: Brigitte Ciurleo**

This is a continuing class from 2019 or for those who have studied French in the past. We will continue to explore the French Language and culture by working through texts, dialogues and songs. Participation in class conversation is essential. Text: Book 2 Colloquial French. The Next Step in Language Learning, Elspeth Broady.

20LAN033: French Level 4B **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 12:30 - 1:30**
Room 8 Silver Grove Nunawading **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 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. Other reading material will be made available for class participation.

20LAN035: French 5A **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 11:15 - 12:30**
Room 5 Silver Grove Nunawading **Class Leader: Ilsa Rose**

This class is at an intermediate level for people to enrich and deepen their French Language skills. French grammar and its practical applications are discussed. Topics of general interest are also covered using a variety of sources. Text: Practice Makes Perfect; Complete French Grammar, Annie Heminway.

20LAN037: French Level 5B **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 9:30 - 10:30**
Seniors Meeting Room Silver Grove Nunawading **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; the text book is Vite et Bien 2.

20LAN039: French Conversation Level 1 **Long Course**
03/02/2020 - 02/11/2020 **Weekly, Mon 12:45 - 2:15**
Plato Silver Grove Nunawading **Class Leader: Ann Ruck**

This is a continuing class for members who have a good knowledge of the French language with the aim of encouraging better fluency in spoken French. Resources include. Text book: Vite et Bien 2, and various audio, internet and written material.

20LAN041: French Conversation Level 3 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 9:30 - 11:00**
Room 5 Silver Grove Nunawading **Class Leader: Thierry Mauran**

This French Conversation class will take you on a journey of French culture, history and geography, as well as some current affairs. A reasonable level of fluency in the French Language is a must for you to benefit from this class.

20LAN043: French Conversation Level 4 **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 1:15 - 2:15**
Plato Silver Grove Nunawading **Class Leader: Patricia Piastra**

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.

20LAN045: French for Travellers **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 11:15 - 12:15**
Room 8 Silver Grove Nunawading **Class Leader: Patricia Piastra**

This class will provide you with essential French vocabulary and phrases.

20LAN047: German Level 1**Long Course****07/02/2020 - 20/11/2020****Weekly, Fri 9:00 - 10:30****Plato Silver Grove Nunawading****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.

20LAN049: German Level 2 Intermediate**Long Course****07/02/2020 - 20/11/2020****Weekly, Fri 9:15 - 10:30****Room 5 Silver Grove Nunawading****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.

20LAN051: German Level 3 Conversation**Long Course****07/02/2020 - 20/11/2020****Weekly, Fri 10:45 - 12:15****Plato Silver Grove Nunawading****Class Leader: Graeme Hughes**

Leaders: Peter Griffiths and Graeme Hughes. This class will have a greater emphasis on language use, conversation and culture and slightly less on the language structure.

20LAN053: German Made Easy for Travellers Level 1**Long Course****07/02/2020 - 20/11/2020****Weekly, Fri 11:30 - 12:30****MPR Silver Grove Nunawading****Class Leader: Dieter Markworth**

This is a class for Beginners, with absolutely no knowledge of German being assumed. German is especially easy to learn for people who speak English. This is because both English and German belong to the same 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 understand you and communication is what matters.

20LAN055: German for Travellers Level 2**Long Course****07/02/2020 - 20/11/2020****Weekly, Fri 2:00 - 3:00****MPR Silver Grove Nunawading****Class Leader: Dieter Markworth**

This is a continuation of the beginners class in 2019. The vocabulary will continue to emphasise the common Germanic origins of both English and German that makes German an easy language to learn.

20LAN057: German for Travellers Level 3 Advanced**Long Course****07/02/2020 - 20/11/2020****Weekly, Fri 12:45 - 1:45****MPR Silver Grove Nunawading****Class Leader: Dieter Markworth**

This is a continuation of the Advanced class in 2019. The texts used are more challenging and there is opportunity to explore word structure and grammar. These texts will describe travel in various settings and concentrate on German vocabulary that is useful while travelling and exploring.

20LAN059: Italian Level 1 **Short Course**
23/07/2020 - 19/11/2020 **Weekly, Thu 2:00 - 3:00**
Venue Advised **Class Leader: Karen Smith**
Terms 3 & 4 This class will commence in term 3. A class for the beginner who has very little knowledge of the Italian Language. Text: 'Italian Made Simple' by Christina Mazzoni.

20LAN060: Italian Level 1A **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 2:45 - 4:00**
Room 9 Silver Grove Nunawading **Class Leader: John Cutler**
A continuing class for the member who has studied at least one year or has a knowledge of the Italian Language. Text: 'Italian Made Simple' by Christina Mazzoni.

20LAN061: Italian Level 2A **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 11:30 - 12:30**
Room 9 Silver Grove Nunawading **Class Leader: John Finlayson**
This ongoing class concentrates on grammar, reading and speaking Italian along with comprehension. This class is suitable for anyone who has an understanding of the basic concepts of the language or have studied at least three years. Text book: to be advised.

20LAN063: Italian Level 2B **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 12:45 - 2:00**
Room 9 Silver Grove Nunawading **Class Leader: Linda Hammond**
Suitable for anyone who has completed Level 1 Beginners and has a good knowledge of the Italian language. Text book: BBC Talk Italian Grammar and Italian Made Simple by Cristina Mazzoni.

20LAN065: Italian Level 3A **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 9:30 - 11:00**
Plato Silver Grove Nunawading **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. Buongiorno Italia! Joseph Cremona ISBN 978-0-563-51945-4

20LAN067: Italian Level 3B **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 11:45 - 1:00**
Seniors Meeting Room Silver Grove Nunawading **Class Leader: Donato Moretti**
If you have studied for three or more 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.

20LAN069: Italian Level 4A **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 9:30 - 10:45**
Room 3 Silver Grove Nunawading **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. Text book: 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.

20LAN071: Italian Level 4B **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 9:30 - 11:00**
Room 9 Silver Grove Nunawading **Class Leader: Carl DiGiovine**

This class concentrates on extending your knowledge of Italian beyond the text books to practising real-time speaking, reading, and translation. The aim is to converse in Italian like an Italian. Some homework will need to be undertaken.

20LAN073: Italian Level 4C **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 1:00 - 2:45**
Room 9 Silver Grove Nunawading **Class Leader: Lesley Sinfield**

This is a self-help group of students who have a good understanding of grammar. There is some revision of grammar but a significant amount of time involves practising conversation, reading texts and listening.

20LAN074: Italian for Travellers **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 12:45 - 1:45**
Room 9 Silver Grove Nunawading **Class Leader: Alfiero Neri**

You do not need any prior knowledge of the Italian language to attend this class. All you need is an interest and the desire to learn how to communicate on your travels in Italy.

20LAN075: Japanese Level 1 **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 12:15 - 1:45**
Plato Silver Grove Nunawading **Class Leader: Yvonne De Sousa**

This class is for students who have completed the beginners class or have a basic knowledge of the Japanese Language. Students should be familiar with the basics of Hiragana and Katakana. We will continue the use of Text: Japanese for Busy People Book 1, revised 3rd edition. New students may prefer to buy the Kara Version if they are able to read Hiragana and Katakana.

20LAN077: Japanese Level 2 **Long Course**
07/02/2020 - 27/11/2020 **Weekly, Fri 10:45 - 11:45**
Room 5 Silver Grove Nunawading **Class Leader: Toshie Burke**

This class is for those students who have a good knowledge of the Japanese Language. Romanised letters are used.

20LAN079: Japanese Level 3 **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 9:30 - 10:30**
Namatjira Silver Grove Nunawading **Class Leader: Toshie Burke**

This class is for those who have completed Japanese Level 2

20LAN083: Japanese Level 4 **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 9:15 - 10:15**
Seniors Meeting Room Silver Grove Nunawading **Class Leader: Toshie Burke**

A class for those who have completed Japanese Level 3.

20LAN085: Japanese Level 5 **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 11:15 - 12:45**
Building 14 Silver Grove Nunawading **Class Leader: Yvonne De Sousa**
A class for those who are able to read Hiragana and Katakana. Text Books: 1. Quick revision of Japanese for Busy People Book 1. 2. Japanese for Busy People Book 2 revised edition.

20LAN087: Japanese Level 6 **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 9:15 - 11:00**
Building 14 Silver Grove Nunawading **Class Leader: Yvonne De Sousa**
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' moving on to Japanese for Busy People Book 3. 3rd Edition.

20LAN089: Russian for Travellers **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 1:00 - 2:30**
Room 3 Silver Grove Nunawading **Class Leader: Vera Kalashnikova**
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.

20LAN091: Spanish Level 1 **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 1:00 - 2:30**
Seniors Meeting Room Silver Grove Nunawading **Class Leader: Vilma Araos**
This is not a beginners class. If you have studied the Spanish Language or have a sound knowledge of the language you are welcome to join this class. Text: Collins Easy Learning. Spanish Conversation. 2nd edition. ISBN 978000811977 available from Intext Books. 13-15 Station St Kew.

20LAN093: Spanish Level 2 **Long Course**
03/02/2020 - 16/11/2020 **Weekly, Mon 12:15 - 1:45**
Building 14 Silver Grove Nunawading **Class Leader: Elizabeth Ramirez**
A knowledge of the Spanish language is required. Exercises to help students become familiar with Spanish sounds and spelling. Text book: "Spanish Made Simple".by Eugene Jackson and Antonio Rubio revised by Judith Nemethy. Broadway books, Random House.

20LAN095: Spanish Level 3 **Long Course**
04/02/2020 - 03/11/2020 **Weekly, Tue 9:30 - 10:30**
Room 9 Silver Grove Nunawading **Class Leader: Johanna Schumacher**
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 Spanish 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.

20LAN097: Spanish Level 4 **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 12:00 - 1:00**
Room 9 Silver Grove Nunawading **Class Leader: David Secomb**

Suitable for those who have spent two plus years in an intermediate class and wish to progress. This class will cover all key areas of Spanish Grammar over a 2-year period. This is the second year of two. 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. It is advisable if you have not been in this class in 2019 to contact the Course Administrator who will put you in contact with the Class Leader.

20LAN099: Spanish Level 5 **Long Course**
04/02/2020 - 17/11/2020 **Weekly, Tue 10:45 - 11:45**
Room 9 Silver Grove Nunawading **Class Leader: Pili Jenkin**

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

20LAN101: Spanish Level 6 **Long Course**
06/02/2020 - 19/11/2020 **Weekly, Thu 10:00 - 11:30**
Seniors Meeting Room Silver Grove Nunawading **Class Leader: Dora Baschuk**

This class is at an advanced level. Members will need a proficiency in the Spanish language. Encompasses conversation and grammar as required.

MUSIC

20MUS001: Cantonese Opera **Long Course**
14/02/2020 - 20/11/2020 **Weekly, Fri 10:00 - 12:00**
Seniors Hall Silver Grove Nunawading **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 breathe, and how to sing will all be taught.

20MUS003: Choir **Long Course**
05/02/2020 - 18/11/2020 **Weekly, Wed 10:45 - 12:00**
Seniors Hall Silver Grove Nunawading **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.

20MUS005: Exploring Music **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 12:30 - 2:15**
Room 9 Silver Grove Nunawading **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.

20MUS007: Guitar Accompaniment & Song **Long Course**
07/02/2020 - 20/11/2020 **Weekly, Fri 1:45 - 3:00**
Namatjira Silver Grove Nunawading **Class Leader: Christopher Cook**

Revisit the 50s, 60s, 70s and 80s - Bring along your guitar and/or your voice. The class is loosely following the world-famous justinguitar.com guitar course. Beginners welcome. Music provided. Equipment necessary: Guitar - either classical or acoustic. Course book: 'justinguitar.com' Beginner's Course by Justin Sandercoe. Portable music stand, clip-on electronic guitar tuner and capo.

20MUS009: Guitar Progressive**14/02/2020 - 20/11/2020****Namatjira Silver Grove Nunawading**

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.

Long Course**Weekly, Fri 12:30 - 1:30****Class Leader: Bob Hayes****20MUS011: Jazz Improvisation****05/02/2020 - 18/11/2020****Seniors Hall Silver Grove Nunawading**

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 will be contacted by the Leader on enrolment.

Long Course**Weekly, Wed 2:00 - 3:30****Class Leader: Brian Ruck****20MUS013: The Silver Grove Swing Band****04/02/2020 - 17/11/2020****Angling Club Room Silver Grove Nunawading**

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. Director Graeme Gaulway

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

SCIENCE**20SCI001: Astronomy****05/02/2020 - 18/11/2020****Plato Silver Grove Nunawading**

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.

Long Course**Weekly, Wed 9:30 - 10:30****Class Leader: John Shattock****20SCI005: Climate Change****04/02/2020 - 17/11/2020****Room 5 Silver Grove Nunawading**

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 website which is accessible from home.

Long Course**Weekly, Tue 9:30 - 11:00****Class Leader: Tony Kerr****20SCI006: Discussion Group (Science)****04/02/2020 - 17/11/2020****Room 9 Silver Grove Nunawading**

This class is to be an interactive Science Discussion Group. The discussion will be based on science articles in the newspapers, science magazines and the internet. The objective of the class will be to provide an explanation of the science involved in the articles, and the implications for society in general.

Long Course**Weekly, Tue 1:15 - 2:15****Class Leader: Derek Williams**

20SCI007: Everyday Science: Waves, Sound & Light**Long Course****03/02/2020 - 16/11/2020****Weekly, Mon 1:30 - 3:00****Room 3 Silver Grove Nunawading****Class Leader: Christina Hart**

Just about everyone is familiar with waves - whether at the beach, on the sea, or ripples on a pond. Waves give us a model for understanding the behaviours of sound and light. In this class we will use a wave model to explain, for example, why the sound of one person's voice is different to another's, when and why we see a rainbow, and the relative advantages of AM and FM radio. This class is for anyone who is curious about their world. It assumes no prior knowledge in science and welcomes 'dumb' questions.

20SCI009: From Evil Spirits to Germ Theory**Long Course****06/02/2020 - 25/06/2020****Weekly, Thu 1:45 - 2:45****Advent Retirement Village 2A Laughlin Ave Nunawading****Class Leader: Ian Grandy**

From evil spirits to germ theory of disease. Magic, evil spirits and the Gods were among the early explanations of disease. The changes from these explanations to the accepted modern theory of disease was a long process over thousands of years. This class will consider the various attempts to provide alternative explanations over the millennia.

20SCI011: Geology**Long Course****06/02/2020 - 19/11/2020****Weekly, Thu 9:30 - 11:00****Advent Retirement Village 2A Laughlin Ave Nunawading****Class Leader: Phil Bock OAM**

Leaders: Phil Bock & Peter Jackson. A general introduction to the processes at work forming and changing Earth. The scale will range from atoms to the globe. Several field trips will be arranged.

20SCI013: The Joy of Mathematics**Long Course****04/02/2020 - 17/11/2020****Weekly, Tue 9:30 - 10:30****Room 3 Silver Grove Nunawading****Class Leader: John Shattock**

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

20SCI015: Marine Navigation**Long Course****04/02/2020 - 17/11/2020****Weekly, Tue 9:30 - 10:30****MPR Silver Grove Nunawading****Class Leader: Wal Stuart**

This course will cover the basics and some history of Navigation, the use of Charts, an understanding of Mercators, projection Latitude and Longitude, courses and distances, Magnetic compasses and elementary position fixing, including basic Marine Meteorology. The Leader Captain Walter Stuart is a retired Master Mariner with many years of experience and knowledge in this field.

20SCI017: Understanding Weather**Long Course****06/02/2020 - 19/11/2020****Weekly, Thu 11:15 - 12:30****Room 9 Silver Grove Nunawading****Class Leader: Terry Hart**

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.

