



NUNAWADING
UNIVERSITY OF THE THIRD AGE

2021 Course Guide

This guide is based on no Covid-19 restrictions being in place at the time classes are being offered. An addendum of any changes will be published by 21 January 2021, when enrolments open and Covid-19 restrictions for Term 1 are known. Changes will relate to social distancing.

U3A Office & Classes

Nunawading Community Hub, 96 – 106 Springvale Road, Nunawading

Postal Address

P.O. Box 322, Nunawading 3131

Sports Classes

Kilsyth Sports Stadium 115 Liverpool Road, Kilsyth

Morack Public Golf Course Morack & East Roads, Morack South

U3A Nunawading Inc.

ABN 13 738 482 624

Reg No A0021951Z

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admin@u3anunawading.org.au

u3anunawading.com.au

IMPORTANT INFORMATION

Fees: The 2021 Membership Fee for returning 2020 members is \$60. The 2021 Membership Fee for new members and previous members who were not financial in 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. This limit does not apply to Computer Classes, Summer School or Volunteering. This limit will be lifted after **1 February, 2021**.

Restricted Classes: Some classes have a restriction 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 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.

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 at the end of the course description.

Heat Policy: Classes may be cancelled or modified in accordance with our policy.

U3A Nunawading Inc. is governed by its Constitution, which is applicable to all members. Copies are available from our Nunawading Community Hub 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.***

December 2020

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ART

21ART001: Art History & Appreciation 1

Dates: 08/02/2021 - 22/11/2021

Location: Studio 7 Nunawading Community Hub

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.

Type: Long Course

Weekly, Mon 11:00 - 12:30

Tutor: Barbara Sommers

21ART003: Art History & Appreciation 2

Dates: 12/02/2021 - 26/11/2021

Location: Studio 6 Nunawading Community Hub

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.

Type: Long Course

Weekly, Fri 9:30 - 10:45

Tutor: Andrew Lockwood

21ART005: Calligraphy Chinese

Dates: 20/04/2021 - 22/06/2021

Location: Meeting Room 2 Nunawading Community Hub

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. If you have been a member in the past and would like to extend your knowledge. No need to purchase any new equipment.

Type: Short Course

Weekly, Tue 14:00 - 15:15

Tutor: Patrick Kan

21ART007: Calligraphy Basic

Dates: 09/02/2021 - 23/11/2021

Location: Studio 4 Nunawading Community Hub

Have you ever thought of writing Birthday or Christmas messages in 'fancy' hand writing (not with computer)? This is the start of that wish - very basic level of Calligraphy (Alphabet, not Chinese characters). You don't need any experience (not suitable for experienced Calligraphers) and you don't need to be a 'neat writer', either. We use felt pen and practise several types of letters.

Material: Calligraphy pens, Exercise book – from Leader, app \$10. You need: 30cm ruler, set of triangle rulers, good quality pencil (2B-4B) and rubber, paper towel (to absorb ink etc) a bag and case to keep everything.

Type: Long Course

Weekly, Tue 14:15 - 15:45

Tutor: Yoko Yuasa

21ART009: Drawing & Painting

Dates: 09/02/2021 - 23/11/2021

Location: Studio 9 Nunawading Community Hub

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

Type: Long Course

Weekly, Tue 13:30 - 15:30

Tutor: Jane Levy

21ART011: Drawing with Coloured Pencils

Dates: 10/02/2021 - 24/11/2021

Location: Studio 8 Nunawading Community Hub

Explore the basic techniques of using coloured pencils to create or add to your artwork. Materials will be discussed at the first class. Continuing students will be encouraged to go on developing their skills and knowledge.

Type: Long Course

Weekly, Wed 9:00 - 11:00

Tutor: Naomi Aitchison

21ART013: Drawing & Sketching 1**Dates: 11/02/2021 - 25/11/2021****Location: Studio 6 Nunawading Community Hub**

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

Type: Long Course**Weekly, Thu 11:15 - 12:45****Tutor: Paul Makinson****21ART015: Drawing & Sketching 2****Dates: 11/02/2021 - 25/11/2021****Location: Studio 6 Nunawading Community Hub**

The art of learning magnificent sketching. Commence as a stranger and be amazed at what you can achieve. Beginners are welcome.'

Type: Long Course**Weekly, Thu 13:00 - 14:30****Tutor: David Blain****21ART017: Drawing with Pen & Ink****Dates: 08/02/2021 - 22/11/2021****Location: Studio 7 Nunawading Community Hub**

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.

Type: Long Course**Weekly, Mon 9:15 - 10:45****Tutor: Leonie Scott****21ART019: Film Making****Dates: 12/02/2021 - 26/11/2021****Location: Studio 3 Nunawading Community Hub**

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.

Type: Long Course**Weekly, Fri 12:30 - 15:00****Tutor: Norman Lingwood****21ART021: History of Women in the Art World****Dates: 08/02/2021 - 22/11/2021****Location: Studio 4 Nunawading Community Hub**

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.

Type: Long Course**Weekly, Mon 9:30 - 10:45****Tutor: Martin Roulston****21ART023: Mandelas- Sacred Circles****Dates: 09/02/2021 - 23/11/2021****Location: Studio 5 Nunawading Community Hub**

Mandalas means Sacred Circle. Mandala design is a fulfilling creative activity awakening geometric skills as well as, your dormant artistic side. Enjoy colour, beauty, Zentangles and much more. B Zentangles, a decorative doodling, participants can create any artwork using Zentangles.

Bring to class: Pencil. Sharpener, eraser, long ruler, short ruler, expanding strong compass, Protractor, Coloured Pencils, A3 Sketchpad, Unipens or Artline Pens.

Type: Long Course**Weekly, Tue 11:15 - 12:30****Tutor: Beverley Wright****21ART025: Painting with Pastels****Dates: 11/02/2021 - 25/11/2021****Location: Studio 8 Nunawading Community Hub**

This course is about pastel application and is suitable for new students or students who wish to build on their learning.

Type: Long Course**Weekly, Thu 14:00 - 15:30****Tutor: Annette Mason**

21ART027: Photography as a Hobby**Dates: 08/02/2021 - 22/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Mon 13:15 - 15:15****Tutor: Archie Kaan**

For anyone who has a digital camera and is interested in learning For members who are interested in learning how to use a digital camera and to take nice photos. Prior knowledge of camera technique is not essential. Sessions will start from basic photography Members are encouraged to submit weekly homework throughout the year.

21ART031: Watercolour 1**Dates: 08/02/2021 - 22/11/2021****Location: Studio 7 Nunawading Community Hub****Type: Long Course****Weekly, Mon 12:45 - 14:45****Tutor: Col Glendinning**

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

CRAFT

21CRA001: Card Making**Dates: 10/02/2021 - 24/11/2021****Location: Studio 8 Nunawading Community Hub****Type: Long Course****Weekly, Wed 11:15 - 13:00****Tutor: Cynthia Rees**

You will have the opportunity to make greeting cards and other paper crafts (on occasion). Projects and ideas are shared by the class, with the leader demonstrating skills and new techniques. Attendees will need to provide their own resources, and card making equipment.

21CRA003: Crochet for Beginners**Dates: 08/02/2021 - 21/06/2021****Location: Meeting Room 2 Nunawading Community Hub****Type: Short Course****Weekly, Mon 9:15 - 11:15****Tutor: 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.

21CRA005: Crochet Intermediate**Dates: 12/07/2021 - 22/11/2021****Location: Meeting Room 2 Nunawading Community Hub****Type: Short Course****Weekly, Mon 9:15 - 11:15****Tutor: 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, 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.

21CRA007: Knitting Beginners**Dates: 09/02/2021 - 22/06/2021****Location: Meeting Room 2 Nunawading Community Hub****Type: Short Course****Weekly, Tue 11:45 - 13:30****Tutor: 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.

21CRA009: Knitting Intermediate**Dates: 13/07/2021 - 23/11/2021****Location: Meeting Room 2 Nunawading Community Hub****Type: Short Course****Weekly, Tue 11:45 - 13:30****Tutor: 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.

21CRA011: Knitting Advanced**Dates: 09/02/2021 - 23/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Tue 9:15 - 11:00****Tutor: 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.

21CRA013: Multi-Craft Group**Dates: 11/02/2021 - 25/11/2021****Location: Studio 8 Nunawading Community Hub****Type: Long Course****Weekly, Thu 11:30 - 13:00****Tutor: Jasmine Teen**

A time for members to socialise with a very small relax group who has their own projects to show and tell their hidden skill among the group.

21CRA015: Needlework**Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 2 Nunawading Community Hub****Type: Long Course****Weekly, Thu 11:45 - 13:45****Tutor: Leonie Clyne**

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

21CRA017: Paper Craft**Dates: 14/07/2021 - 24/11/2021****Location: Meeting Room 2 Nunawading Community Hub****Type: Short Course****None, Wed 9:30 - 11:00****Tutor: 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.

21CRA019: Patchwork 1**Dates: 09/02/2021 - 23/11/2021****Location: Meeting Room 2 Nunawading Community Hub**

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.

Type: Long Course**Weekly, Tue 9:30 - 11:30****Tutor: Lorraine Salter****21CRA021: Patchwork 2****Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 2 Nunawading Community Hub**

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.

Type: Long Course**Weekly, Thu 9:30 - 11:30****Tutor: Meryl McEwen****21CRA023: Patchwork 3****Dates: 10/02/2021 - 24/11/2021****Location: Meeting Room 2 Nunawading Community Hub**

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

Type: Long Course**Weekly, Wed 11:15 - 13:15****Tutor: Anne Seeney****21CRA025: Sugar Craft****Dates: 14/07/2021 - 24/11/2021****Location: Meeting Room 2 Nunawading Community Hub**

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

Type: Long Course**Weekly, Wed 11:15 - 13:00****Tutor: Kitty Wong****21CRA027: Tatting****Dates: 11/02/2021 - 25/11/2021****Location: Studio 4 Nunawading Community Hub**

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

Type: Long Course**Weekly, Thu 14:15 - 15:45****Tutor: Yvonne De Sousa**

DANCE

21DAN001: Ballroom Dancing 1**Dates: 08/02/2021 - 22/11/2021****Location: Studio 1 Nunawading Community Hub**

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

Type: Long Course**Weekly, Mon 11:00 - 12:30****Tutor: Marco Ng**

21DAN003: Ballroom Dancing 2 (Sequence Dancing)**Dates: 09/02/2021 - 23/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Tue 10:30 - 11:30****Tutor: Liza Ng**

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

21DAN005: Ballroom Dancing 3 (Evening Class)**Dates: 10/02/2021 - 24/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Wed 20:00 - 22:00****Tutor: 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.

21DAN007: Ballroom Dance 4A Beginners (Evening)**Dates: 12/02/2021 - 26/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Fri 18:00 - 19:30****Tutor: 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. This Beginners class runs from 6.00 to 7.30pm. All you need is a sense of rhythm. Wear comfortable shoes suitable for dancing.

21DAN009: Ballroom Dance 4B Experienced (Evening)**Dates: 12/02/2021 - 26/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Fri 19:30 - 22:00****Tutor: 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. This class for experienced dancers runs from 7.30 to 9.30 pm, and will aim to improve the basic, essential techniques to enable you to enjoy this style of dance. Wear comfortable shoes suitable for dancing.

21DAN011: Belly Dancing Experienced**Dates: 08/02/2021 - 22/11/2021****Location: Studio 6 Nunawading Community Hub****Type: Long Course****Weekly, Mon 14:30 - 15:30****Tutor: Maria Makrides**

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

21DAN013: Belly Dancing Techniques.**Dates: 09/02/2021 - 23/11/2021****Location: Studio 6 Nunawading Community Hub****Type: Long Course****Weekly, Tue 12:00 - 13:00****Tutor: 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. Bring a scarf to tie around your hips, a notebook, pen, and water bottle.

21DAN015: Chinese Dance**Dates: 10/02/2021 - 24/11/2021****Location: Studio 2 Nunawading Community Hub**

Come and learn the basic Chinese classical dance and some ethnic dances such as Fan Dance plus Xinjiang Uygur dance. Very good for your posture and movement as well as enhancing an understanding of Chinese culture.

Type: Long Course**Weekly, Wed 13:30 - 14:30****Tutor: Ying Zhao****21DAN017: Greek Dancing****Dates: 08/02/2021 - 22/11/2021****Location: Studio 6 Nunawading Community Hub**

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

Type: Long Course**Weekly, Mon 13:15 - 14:15****Tutor: Dianne Hardy****21DAN019: Line Dancing Beginners****Dates: 12/02/2021 - 26/11/2021****Location: Studio 2 Nunawading Community Hub**

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

Type: Long Course**Weekly, Fri 13:00 - 14:00****Tutor: Herminia Harrison****21DAN021: Line Dancing Experienced****Dates: 11/02/2021 - 25/11/2021****Location: Studio 6 Nunawading Community Hub**

Dancing is a unique form of exercise because it provides the heart-healthy benefits as well as trains us how to maintain our own balance while moving to the beat. Forget the old fashioned country image as Line dancing these days teaches dances to different types of music. To attend this class, you should have been line dancing before, you are expected to memorise longer dances and be able to turn frequently, knowing the basic terms of Line dancing. Tags and restarts will start to feature more with more complex moves. There is a wide variety of dances to be introduced at this level. Therefore this class is for the experienced Line Dancer only.

Type: Long Course**Weekly, Thu 9:30 - 11:00****Tutor: Lan Tiet****21DAN023: Line Dancing Improver to Intermediate****Dates: 08/02/2021 - 22/11/2021****Location: Studio 1 Nunawading Community Hub**

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.

Type: Long Course**Weekly, Mon 9:30 - 10:45****Tutor: Marie Pietersz****21DAN025: Philippine Cultural Dancing****Dates: 12/02/2021 - 26/11/2021****Location: Studio 2 Nunawading Community Hub**

As varied as 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.

Type: Long Course**Weekly, Fri 14:30 - 15:30****Tutor: Herminia Harrison**

21DAN027: Rock 'n' Roll Beginners 1**Dates: 09/02/2021 - 23/11/2021****Location: Stadium Nunawading Community Hub**

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.

Type: Long Course**Weekly, Tue 12:00 - 13:00****Tutor: Manuel Alexiou****21DAN029: Rock 'n' Roll Beginners 2****Dates: 10/02/2021 - 24/11/2021****Location: Studio 1 Nunawading Community Hub**

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.

Type: Long Course**Weekly, Wed 14:30 - 15:30****Tutor: Manuel Alexiou****21DAN031: Rock'n Roll Intermediate****Dates: 10/02/2021 - 24/11/2021****Location: Studio 1 Nunawading Community Hub**

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.

Type: Long Course**Weekly, Wed 13:15 - 14:15****Tutor: Manuel Alexiou**

DANCE Restricted

21DANR33: Dance Exercise**Dates: 08/02/2021 - 22/11/2021****Location: Stadium Nunawading Community Hub**

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 Required.

Type: Long Course**Weekly, Mon 13.30 – 14.30****Tutor: Chris Winterbine****21DANR35: Dance Fitness Fun****Dates: 09/02/2021 - 23/11/2021****Location: Studio 2 Nunawading Community Hub**

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 & K-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. Light comfortable clothing and runners are recommended. BYO water bottle and towel. Health Assessment Form Required.

Type: Long Course**Weekly, Tue 12:15 - 13:15****Tutor: Betsy Gumma**

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

21DANR37: Zumba 1**Dates: 10/02/2021 - 24/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Wed 12:15 - 13:15****Tutor: 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 Required.

21DANR39: Zumba 2**Dates: 09/02/2021 - 23/11/2021****Location: Stadium Nunawading Community Hub****Type: Long Course****Weekly, Tue 13:30 - 14:30****Tutor: 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 workout class, incorporating dance/fitness routines to Latin and international rhythms. With its easy-to-follow routines, no dance experience is necessary as Zumba is designed for everyone. Just relax and move your body to the music, have fun and bring your smiles. Light comfortable clothing and runners are recommended. BYO water bottle and towel. Health Assessment Form Required.

EXERCISE GENERAL FITNESS

21EXEF01: Chair Based Exercise**Dates: 10/02/2021 - 24/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Wed 12:00 - 13:00****Tutor: 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! You will also require weights and therabands, Health Assessment Form Required

21EXEF03: Fundamental Exercise for Men**Dates: 08/02/2021 - 22/11/2021****Location: Stadium Nunawading Community Hub****Type: Long Course****Weekly, Mon 11:00 - 12:00****Tutor: 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.

21EXEF05: Gentle Exercise**Dates: 10/02/2021 - 24/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Wed 9:30 - 10:30****Tutor: 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 Required

21EXEF07: Legs Strength Training**Dates: 12/02/2021 - 26/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Fri 11:45 - 12:45****Tutor: Siu Hoi SO**

To improve the strength of the legs and back muscles through leg muscles stretching, warm ups, half to deep full squats, Pilati back muscle stretches and exercises to cardiovascular HIIT (high intensity interval training) to cover participants with wide differences in physical fitness and capabilities. These exercises are formulated to ease and prevent common aged issues such as knee, heel and back pains, sciatica and piriformis pain etc. Deep diaphragm breathing techniques and cardiovascular fitness training are included. Occasion training excursions will be held at the Kokoda Memorial Track, Ferntree Gully. Health Assessment Form required.

21EXEF09: Walking Group Gentle**Dates: 09/02/2021 - 22/11/2021****Location: Venue Advised****Type: Long Course****Weekly, Tue 10:00 - 11:30****Tutor: Lily Van Ryswick**

We aim to have slight variations in walks –some small inclines, all walking trails of easy to moderate. You will need to be able to walk confidently without having to worry about hills and steps. Health Assessment Form is required.

21EXEF11: Walking Group 1**Dates: 10/02/2021 - 24/11/2021****Location: Venue Advised****Type: Long Course****Weekly, Wed 10:00 - 12:00****Tutor: 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 required.

21EXEF13: Walking Group 2**Dates: 10/02/2021 - 24/11/2021****Location: Venue Advised****Type: Long Course****Weekly, Wed 10:00 - 12:00****Tutor: 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. A Health Assessment Form Required.

21EXEF15: Walking - Bush**Dates: 08/02/2021 - 08/11/2021****Location: Venue Advised****Type: Long Course****Monthly, Mon 8:00 -16:00****Tutor: Gillian Wainwright**

A preliminary walk is required. The leader will contact you by email or phone or Gillian can be contacted on 0438 512 900 to organize the preliminary walk and let you know requirements. Walks are organized on a monthly basis, generally the second Monday of the month, but may vary due to public holidays. In the rare case of cancellation, members will be contacted. Please allow a full day for the walk. Venues will be emailed or phoned to you. U3A heat policy applies. Health Assessment Form Required. Day walks usually about 12 km depending on terrain and in bush locations. Tracks may be steep, rocky or muddy. Public toilets or picnic tables for lunch are not generally available during the walk. You will receive a list of essential gear and will need stout walking boots/shoes and wet weather gear. We meet at 8:00 am to arrange car pooling. A good guide to fitness is the ability to walk up the Kokoda steps at Ferntree Gully.

21EXEF17: Walking - Nordic**Dates: 09/02/2021 - 23/11/2021****Location: Venue Advised**

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 Required.

Type: Long Course**Weekly, Tue 9:30 - 11:00****Tutor: Kathy Leitch****21EXEF19: Walking - Short Day Walks (Suspended Term 1)****Dates: 25/03/2021 - 18/11/2021****Location: Venue Advised**

This class has been suspended Term 1 2021. First walk will be on 18 February and a round trip from Clifton Hill Stn. along the Yarra. More detailed information on acceptance into class. U3A Heat Policy Applies. Health Assessment Form Required.

Type: Long Course**Monthly, Thu 10:00 - 3:00****Tutor: Rodney Taylor**

EXERCISE GENERAL FITNESS Restricted

21EXEFR1: Fit & Active 1**Dates: 08/02/2021 - 22/11/2021****Location: Stadium Nunawading Community Hub**

A fun way to maintain or achieve a higher level of cardio fitness, strength, flexibility and balance. Classes vary and may include Choreographed movement to music, tabata (interval training) strength and resistance All followed by a stretching warm down at the end of class. 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.

Type: Long Course**Weekly, Mon 9:30 - 10:30****Tutor: Dianne Michael****21EXEFR3: Fitness Flexibility Fun 2****Dates: 11/02/2021 - 25/11/2021****Location: Studio 2 Nunawading Community Hub**

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 Required.

Type: Long Course**Weekly, Thu 8:45 - 9:45****Tutor: Bev Baseden****21EXEFR5: Fitness Flexibility Fun 1****Dates: 08/02/2021 - 22/11/2021****Location: Studio 2 Nunawading Community Hub**

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 Required.

Type: Long Course**Weekly, Mon 9:30 - 10:30****Tutor: Bev Baseden**

21EXEFR7: Moderate Active 1**Dates: 10/02/2021 - 24/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Wed 9:30 - 10:30****Tutor: 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.

21EXEFR9: Moderate Active 2**Dates: 11/02/2021 - 25/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Thu 10:00 - 11:00****Tutor: 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

21EXEM01: Eight Form Moving Meditation**Dates: 09/02/2021 - 23/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Tue 10:30 - 12:00****Tutor: 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.

21EXEM03: Laughter Yoga**Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Thu 11:15 - 12:45****Tutor: June Cheung**

Laughter Yoga suits any age. It combines Laughter with Yoga breathing while we exercise. In Laughter Yoga we laugh a lot. sometimes real laughter, sometimes forced laughter because your brain doesn't know if laughing is real or fake and still releases a 'happy hormone' when we practise Laughter Yoga, the various movements and stretching combined with laughter can relax stress, enhance immunity, improve mood, prevent physical decline, improve personal health and make people happy. Please wear comfortable clothes and flat shoes. BYO Yoga Mat.

21EXEM05: Meditation**Dates: 10/02/2021 - 24/11/2021****Location: Studio 6 Nunawading Community Hub****Type: Long Course****Weekly, Wed 10:45 - 12:15****Tutor: 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.

21EXEM07: Moving, Breathing, Sensing with Yoga**Dates: 11/02/2021 - 25/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Thu 17:30 - 18:30****Tutor: 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.

21EXEM09: Pilates/Fit Ball**Dates: 09/02/2021 - 25/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Tue 9:30 - 10:15****Tutor: 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. NB fit ball will be used every 2nd class, weighted balls are also used in some classes to increase intensity of movement. Information on this equipment to be provided at 1st class at the hub in 2021.

21EXEM11: Self Defence**Dates: 11/02/2021 - 24/06/2021****Location: Studio 7 Nunawading Community Hub****Type: Long Course****Weekly, Thu 13:45 - 14:45****Tutor: 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.

21EXEM13: Tai Chi 1 Simplified 24 Form**Dates: 10/02/2021 - 24/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Wed 10:45 - 11:45****Tutor: 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.

21EXEM15: Tai Chi 1A Simplified 24 Form**Dates: 10/02/2021 - 24/11/2021****Location: Studio 6 Nunawading Community Hub****Type: Long Course****Weekly, Wed 12:30 - 13:30****Tutor: Seng Goh**

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

21EXEM17: Tai Chi 2 Shibashi**Dates: 11/02/2021 - 25/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Thu 11:45 - 12:45****Tutor: Evelyn Bowman**

A gentle and beautiful Oriental exercise.

21EXEM21: Tai Chi 3B QiGong**Dates: 12/02/2021 - 26/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Fri 10:30 - 11:30****Tutor: 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

21EXEM23: Tai Chi 3C QiGong**Dates: 11/02/2021 - 25/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Thu 11:15 - 12:15****Tutor: 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

21EXEM25: Walking Qigong**Dates: 08/02/2021 - 22/11/2021****Location: Stadium Nunawading Community Hub****Type: Long Course****Weekly, Mon 12:15 - 13:15****Tutor: Jasmine Teen**

Walking stimulates the Qi or vital energy in the body... just like Qigong builds Qi (energy) and dissolves stress and build up our cardio... 30 mins walking (for cardio) 15 mins (cool down with QiQong concentrating on tendons and muscles)..

21EXEM27: Yang Family Taiji Quan Beginner**Dates: 10/02/2021 - 24/11/2021****Location: Stadium Nunawading Community Hub****Type: Long Course****Weekly, Wed 12:45 - 13:45****Tutor: 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.

21EXEM29: Yang Family Taiji Short Forms**Dates: 11/02/2021 - 25/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Thu 14:00 - 15:00****Tutor: Frank Chai**

This class provides instruction in the 22 Essential Form and the 26 Senior Form, developed by the Yang Family (Grandmaster Yang Jun) in recent years. It is suitable for beginners and those who already have some experience in Yang Family Taiji. These forms are a useful supplement to the Long Form, but is not a replacement for it.

21EXEM31: Yang Family Taiji Quan Intermediate**Dates: 10/02/2021 - 24/11/2021****Location: Stadium Nunawading Community Hub****Type: Long Course****Weekly, Wed 14:00 - 15:00****Tutor: 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.

21EXEM33: Yang Family Taiji Quan Advanced**Dates: 11/02/2021 - 25/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Thu 12:30 - 13:45****Tutor: 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)

EXERCISE MOVEMENT & MEDITATION Restricted

21EXEMR1: Stretch & Strengthen**Dates: 10/02/2021 - 24/11/2021****Location: Studio 6 Nunawading Community Hub****Type: Long Course****Weekly, Wed 9:30 - 10:30****Tutor: 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 required.

21EXEMR3: Yoga 1**Dates: 09/02/2021 - 23/11/2021****Location: Studio 6 Nunawading Community Hub****Type: Long Course****Weekly, Tue 9:30 - 10:30****Tutor: 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

21EXEMR4: Yoga 4**Dates: 09/02/2021 - 23/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Tue 11:45 - 12:45****Tutor: 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

21EXEMR5: Yoga 2 Hatha and Yin Yoga**Dates: 09/02/2021 - 23/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Tue 9:15 - 10:15****Tutor: Yvonne Woon**

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

21EXEMR7: Yoga 3**Dates: 08/02/2021 - 22/11/2021****Location: Studio 1 Nunawading Community Hub**

Learn the technique of Yoga combined with body awareness, breathing, balancing and relaxation exercises. Suitable for the mature person. Bring your own yoga mat and water bottle. Health Assessment Form required.

Type: Long Course**Weekly, Mon 14:00 - 15:30****Tutor: Carola Lehmer****21EXEMR9: Yoga 5****Dates: 09/02/2021 - 23/11/2021****Location: Studio 6 Nunawading Community Hub**

Learn the technique of Yoga combined with body awareness, breathing, balancing and relaxation exercises. Suitable for the mature person. Bring your own yoga mat and water bottle. Health Assessment Form required.

Type: Long Course**Weekly, Tue 13:15 - 14:15****Tutor: Carola Lehmer**

EXERCISE SPORT

21EXES01: Badminton**Dates: 12/02/2021 - 26/11/2021****Location: Stadium Nunawading Community Hub**

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

Type: Long Course**Weekly, Fri 12:30 - 15:00****Tutor: Jean Tomlinson****21EXES03: Golf****Dates: 08/02/2021 - 22/11/2021****Location: Morack Golf Course cnr Morack and East Roads Vermont South**

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.

Type: Long Course**Weekly, Mon 7:30 - 12:00****Tutor: Alice Jiew****21EXES05: Table Tennis****Dates: 09/02/2021 - 23/11/2021****Location: Kilsyth Sports Centre 115 Liverpool Rd Kilsyth**

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.

Type: Long Course**Weekly, Tue 10:00 - 12:00****Tutor: Colin Smith**

GAMES

21GAM001: Card Game Hand & Foot**Dates: 10/02/2021 - 24/11/2021****Location: Meeting Room 5 Nunawading Community Hub**

If you enjoy playing Hand & Foot or want to learn how to, come along. Knowledge of cards is necessary. If you have played Canasta you will soon pick up Hand & Foot.

Type: Long Course**Weekly, Wed 11:30 - 14:30****Tutor: Barb Ryder**

21GAM003: Chess**Dates: 10/02/2021 - 24/11/2021****Location: Studio 9 Nunawading Community Hub**

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

Type: Long Course**Weekly, Wed 13:15 - 15:15****Tutor: Alan Gray****21GAM005: Contract Bridge****Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 2 Nunawading Community Hub**

If you know how to play Contract Bridge you are welcome to join like-minded people and improve your skills in a friendly supportive environment.

Type: Long Course**Weekly, Mon 13:00 - 16:00****Tutor: Gilbert Foster****21GAM006: Cryptic Crosswords****Dates: 11/02/2021 - 24/06/2021****Location: Studio 5 Nunawading Community Hub**

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.

Type: Short Course**Weekly, Thu 14:00 - 15:00****Tutor: Margaret Lawlor****21GAM007: Fishing; An intro to Fishing for Beg.****Dates: 12/02/2021 - 26/11/2021****Location: Studio 8 Nunawading Community Hub**

An introduction to Fishing for beginners' This course will cover fish species, where to fish, when to fish, tackle to use, rigs, knots, fishing freshwater, fishing saltwater - rocks, piers, beach, bait and Learn to think like a fish.

Type: Long Course**Weekly, Fri 13:00 - 14:30****Tutor: Mike Davies****21GAM008: Mah Jong Eastern****Dates: 09/02/2021 - 23/11/2021****Location: Studio 2 Nunawading Community Hub**

This is a tile based game, developed in China and now popular throughout the World. Enjoy the class in a relaxed social atmosphere. Beginners welcome.

Type: Long Course**Weekly, Tue 13:30 - 15:30****Tutor: Herbert Yim****21GAM009: Mah Jong Western****Dates: 08/02/2021 - 22/11/2021****Location: Studio 8 Nunawading Community Hub**

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

Type: Long Course**Weekly, Mon 9:30 - 11:30****Tutor: Val Lynch****21GAM011: Scrabble****Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 5 Nunawading Community Hub**

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.

Type: Long Course**Weekly, Mon 13:45 - 15:45****Tutor: Joan Kelleher**

HISTORY

21HIS001: Africa, the Dark Continent.

Dates: 09/02/2021 - 23/11/2021

Location: Meeting Room 5 Nunawading Community Hub

Type: Long Course

Weekly, Tue 14:30 - 16:00

Tutor: June MacDonald

You cannot even begin to understand contemporary Africa unless you have an awareness of the impact of tribalism, slavery, religion and colonisation. This course touches on these issues but concentrates on the post-colonial era and how the 54 countries of Africa gained their Independence. So far we have covered 11 countries. It has been interesting to see how the new generation of educated politicians and economically savvy Africans are adapting to Global economics and the rise of a 'New Colonialism'. So, who are the new colonisers? Participants are encouraged to do research, read various media articles, discuss current commentaries on YouTube and in the media.

21HIS003: Ancient Egyptian History

Dates: 08/02/2021 - 22/11/2021

Location: Meeting Room 5 Nunawading Community Hub

Type: Long Course

Weekly, Mon 12:15 - 13:30

Tutor: 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.

21HIS005: Australian History A

Dates: 12/02/2021 - 26/11/2021

Location: Studio 3 Nunawading Community Hub

Type: Long Course

Second and Fourth weeks, Fri 10:45 - 12:15

Tutor: 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.

21HIS007: Australian History B

Dates: 12/02/2021 - 26/11/2021

Location: Meeting Room 4 Nunawading Community Hub

Type: Long Course

Second and Fourth weeks, Fri 13:00 - 14:30

Tutor: 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.

21HIS009: Big History

Dates: 09/02/2021 - 23/11/2021

Location: Meeting Room 5 Nunawading Community Hub

Type: Long Course

Weekly, Tue 12:00 - 13:00

Tutor: Albert Ip

This class covers history from the beginning of the Universe to the present. The first part of the class 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.

21HIS011: China Today **Type: Long Course**
Dates: 09/02/2021 - 23/11/2021 **Weekly, Tue 13:15 - 14:15**
Location: Meeting Room 5 Nunawading Community Hub **Tutor: Albert Ip**

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

21HIS013: European History 20th Century **Type: Long Course**
Dates: 09/02/2021 - 23/11/2021 **Weekly, Tue 11:15 - 12:45**
Location: Meeting Room 4 Nunawading Community Hub **Tutor: Tony Walther**

This course covers the Russian Revolution of 1917, World War I and turbulent history of Europe that followed

21HIS015: Family History Genealogy Experienced **Type: Long Course**
Dates: 12/02/2021 - 26/11/2021 **Weekly, Fri 11:00 - 13:00**
Location: Studio 5 Nunawading Community Hub **Tutor: Ingrid Nelson**

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

21HIS017: Family History Genealogy Beginners **Type: Long Course**
Dates: 12/02/2021 - 26/11/2021 **Weekly, Fri 14:00 – 16:00**
Location: Studio 5 Nunawading Community Hub **Tutor: Ingrid Nelson**

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

21HIS019: Film and History **Type: Long Course**
Dates: 10/02/2021 - 24/11/2021 **Weekly, Wed 14:15 - 16:00**
Location: Meeting Room 4 Nunawading Community Hub **Tutor: 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.

21HIS021: Military History **Type: Long Course**
Dates: 11/02/2021 - 25/11/2021 **Weekly, Thu 9:15 - 11:00**
Location: Meeting Room 4 Nunawading Community Hub **Tutor: 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.

21HIS023: Movies through the Decades **Type: Long Course**
Dates: 12/02/2021 - 26/11/2021 **Weekly, Fri 9:15 - 11:15**
Location: Meeting Room 5 Nunawading Community Hub **Tutor: Mervyn Seeney**

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

21HUM001: Consumer Advertising

Dates: 10/02/2021 - 24/11/2021

Location: Studio 4 Nunawading Community Hub

Annoyances or mini masterpieces? We study how ads are carefully created to persuade us to behave, buy or vote. Banal, exciting, insightful, sexy, funny and just awful ads will be discussed. What is the thinking behind these ads and do they work? Using a Gruen-style format we will discuss some controversial and famous examples. What are the moral and social issues they raise? Why do fabulous movie Directors produce ads? All this and more!

Type: Short Course

Weekly, Wed 10:45 - 11:45

Tutor: David Bednall

21HUM003: Emotional Freedom Technique (EFT)

Dates: 10/02/2021 - 24/11/2021

Location: Meeting Room 5 Nunawading Community Hub

EFT is a practice of dissolving negative emotions and thoughts. When we identify the core reason for an emotion that is bothering us and then tap on certain acupuncture points with our fingertips, this sends a message back to our mind to "let go" and it becomes a minor issue in our lives. There are over 120 million pages on the internet mentioning this technique but so are few aware of its benefits. Raw spirituality is an enquiry into knowing the nature of who we really are. It is about touching the vast peaceful space behind our thoughts and living more of our life from a position of persistent peace and happiness. It can be infused into the practice of EFT for a holistic approach to emotional wellness.

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

Type: Long Course

Weekly, Wed 9:15 - 10:45

Tutor: Colin Carter

21HUM005: Empowerment

Dates: 08/02/2021 - 22/11/2021

Location: Studio 5 Nunawading Community Hub

How much did you learn about how to have a great life on the inside? Most of us only learn about the things that are outside of us when the real education that we need is about 'how do I make my mind work for me instead of against me?' Come and join me as we explore how you create your own reality, to know yourself better and to create an even more fulfilling 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 some fun.

Type: Long Course

Weekly, Mon 11:00 - 12:15

Tutor: Paulina Chong

21HUM007: Fascinating People through the Ages

Dates: 11/02/2021 - 25/11/2021

Location: Studio 3 Nunawading Community Hub

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.

Type: Long Course

Weekly, Thu 13:00 - 14:15

Tutor: Ivan Glynn

21HUM009: Heal your Life**Dates: 10/02/2021 - 24/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Wed 11:30 - 13:30****Tutor: 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.

21HUM011: Keep Your Brain Active**Dates: 09/02/2021 - 23/11/2021****Location: Meeting Room 5 Nunawading Community Hub****Type: Long Course****Weekly, Tue 10:45 - 11:45****Tutor: 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

21HUM013: Literature Appreciation**Dates: 12/02/2021 - 26/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****First and third weeks, Fri 10:45 - 12:15****Tutor: 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.

21HUM015: Pathways to Inner Self**Dates: 10/02/2021 - 24/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Wed 11:30 - 13:00****Tutor: 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.

21HUM017: Philosophy for Living**Dates: 09/02/2021 - 23/11/2021****Location: Studio 9 Nunawading Community Hub****Type: Long Course****Weekly, Tue 11:45 - 13:15****Tutor: Wade Dickson**

In this wide-ranging course we will visit the wisdom teachings of Philosophers and Scientists from both the east and west that have evolved over the millennia and then re-examine them in the light of modern day science. This will help us understand who we really are, together with our evolving universe and our place in it. This will involve us in many disciplines including Psychology, Cosmology, Quantum Physics, Neuroscience, Consciousness Studies, Mindbody Medicine and Theology, 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?

21HUM019: Philosophy Phor Phun Discussion**Dates: 10/02/2021 - 24/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Wed 12:30 - 13:30****Tutor: 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.

21HUM021: Poetry for Pleasure**Dates: 08/02/2021 - 22/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****First and third weeks, Mon 14:15 - 15:45****Tutor: 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

21HUM023: Public Speaking**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Mon 9:15 - 10:30****Tutor: 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.

21HUM025: Share Trading & Investing 1**Dates: 10/02/2021 - 24/11/2021****Location: Zoom****Type: Long Course****Weekly, Wed 13:30 - 14:45****Tutor: 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.

21HUM027: Share Trading & Investing 2**Dates: 08/02/2021 - 22/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Mon 9:30 - 11:00****Tutor: 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.

21HUM031: Tarot Cards Introduction**Dates: 10/02/2021 - 24/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Wed 13.45 - 15:15****Tutor: 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.

21HUM033: Tarot Cards Advanced**Dates: 08/02/2021 - 22/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Mon 14.30 - 16:00****Tutor: Naomi Towers**

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

21HUM035: Travel Tips**Type: Long Course****Dates: 11/02/2021 - 25/11/2021****First and third weeks, Thu 14:30 - 15:30****Location: Meeting Room 4 Nunawading Community Hub****Tutor: 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.

21HUM037: Wine Appreciation**Type: Long Course****Dates: 09/02/2021 - 23/11/2021****Weekly, Tue 14:15 - 15:45****Location: Studio 8 Nunawading Community Hub****Tutor: 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.

21HUM039: Writing group**Type: Long Course****Dates: 11/02/2021 - 25/11/2021****Weekly, Thu 14:30 - 16:00****Location: Studio 3 Nunawading Community Hub****Tutor: Ria Smit**

This writing group will be a group of individuals who are keen to enlarge their experience and share their knowledge in a co-operative way. As a co-operative group we need to be prepared to share our writing and receive comments.

HUMANITIES Restricted

21HUMR01: Current Affairs 1**Type: Long Course****Dates: 08/02/2021 - 22/11/2021****Weekly, Mon 10:45 - 11:45****Location: Meeting Room 5 Nunawading Community Hub****Tutor: David Gannon**

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

21HUMR03: Current Affairs 2**Type: Long Course****Dates: 10/02/2021 - 24/11/2021****Weekly, Wed 11:15 - 12:15****Location: Meeting Room 4 Nunawading Community Hub****Tutor: David Gannon**

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

21HUMR05: Current Affairs 3**Type: Long Course****Dates: 10/02/2021 - 24/11/2021****Weekly, Wed 9:15 - 10:30****Location: Meeting Room 4 Nunawading Community Hub****Tutor: Allan Brownrigg**

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

LANGUAGES

21ESL001: ESL Beginners 1

Dates: 08/02/2021 - 22/11/2021

Location: Meeting Room 3 Nunawading Community Hub

Type: Long Course

Weekly, Mon 13:15 - 14:15

Tutor: 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.

21ESL003: ESL Beginners 2

Dates: 10/02/2021 - 24/11/2021

Location: Meeting Room 3 Nunawading Community Hub

Type: Long Course

Weekly, Wed 9:15 - 10:15

Tutor: Eileen Lavis

This course 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.

21ESL005: ESL Beginners Plus 1

Dates: 12/02/2021 - 26/11/2021

Location: Meeting Room 1 Nunawading Community Hub

Type: Long Course

Weekly, Fri 10:00 - 11:30

Tutor: 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.

21ESL007: ESL Beginners Plus 2

Dates: 10/02/2021 - 24/11/2021

Location: Meeting Room 1 Nunawading Community Hub

Type: Long Course

Weekly, Wed 9:45 - 11:00

Tutor: June MacDonald

This is a pre- intermediate to intermediate class for discussion, conversation, pronunciation and vocabulary extension.

21ESL009: ESL Intermediate 1

Dates: 08/02/2021 - 22/11/2021

Location: Meeting Room 1 Nunawading Community Hub

Type: Long Course

Weekly, Mon 9:30 - 10:30

Tutor: Liz Wilhelm

Leaders: Robyn Cox and 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.

21ESL011: ESL Intermediate 2**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 1 Nunawading Community Hub****Type: Long Course****Weekly, Mon 10:45 - 12:00****Tutor: 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.

21ESL013: ESL Intermediate 3**Dates: 09/02/2021 - 23/11/2021****Location: Meeting Room 1 Nunawading Community Hub****Type: Long Course****Weekly, Tue 11:00 - 13:00****Tutor: 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.

21ESL015: ESL Intermediate 4**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Mon 10:00 - 11:15****Tutor: Marie Trembath**

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.

21ESL017: ESL Intermediate 5**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 1 Nunawading Community Hub****Type: Long Course****Weekly, Mon 12:15 - 13:15****Tutor: 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.

21ESL019: ESL Intermediate 6**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Mon 14:30 - 15:30****Tutor: 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.

21ESL021: ESL Advanced 1**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Mon 11:30 - 13:00****Tutor: Lola Lane**

This course 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.

21ESL023: ESL Advanced 2**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Mon 14:30 - 15:30****Tutor: Margaret Barwell**

This course 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.

21ESL025: ESL Advanced 3**Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 1 Nunawading Community Hub****Type: Long Course****Weekly, Thu 10:00 - 11:15****Tutor: Barbara Sommers**

This course 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.

21LAN001: Chinese Basic Introduction**Dates: 11/02/2021 - 25/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Thu 8:45 - 10:00****Tutor: 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.

21LAN003: Chinese Level 1**Dates: 10/02/2021 - 24/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Wed 12:00 - 13:00****Tutor: 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.

21LAN005: Chinese Level 2**Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Thu 11:00 - 12:00****Tutor: 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.

21LAN007: Chinese Level 3A**Dates: 08/02/2021 - 22/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Mon 11:15 - 12:45****Tutor: Liee 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.

21LAN009: Chinese Level 3B**Dates: 11/02/2021 - 25/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Thu 10:15 - 11:45****Tutor: 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.

21LAN011: Chinese Level 3C**Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Thu 9:45 - 10:45****Tutor: 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.

21LAN013: Chinese Level 3D Hanyu Pinyin Elementary**Dates: 09/02/2021 - 23/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Tue 13:00 - 14:00****Tutor: 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.

21LAN015: Chinese Level 4A**Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Thu 8:30 - 9:30****Tutor: 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.

21LAN017: Chinese Level 4B**Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 5 Nunawading Community Hub****Type: Long Course****Weekly, Thu 9:00 - 10:00****Tutor: 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.

21LAN019: Chinese Level 5**Dates: 11/02/2021 - 25/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Thu 12:45 - 13:45****Tutor: 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.

21LAN021: Chinese Level 6**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Mon 12:45 - 14:15****Tutor: 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.

21LAN023: Chinese Level 7**Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 5 Nunawading Community Hub****Type: Long Course****Weekly, Thu 10:15 - 11:45****Tutor: Rongping Press**

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

21LAN025: French Beginners**Dates: 11/02/2021 - 25/11/2021****Location: Studio 7 Nunawading Community Hub****Type: Long Course****Weekly, Thu 9:30 - 10:30****Tutor: Brigitte Ciurleo**

This course is for the absolute beginner! We will work through the text and CDs of BBC active French, The ideal course for absolute beginners, Isabelle Fournier, which is designed for adults. We will cover basic language needed in everyday situations on a visit to France. We will explore the skills of listening, reading, speaking and writing as well as cultural background, including songs. Students need to be willing to participate in all aspects of the course and be prepared to do follow up homework each week.

21LAN027: French Level 1**Dates: 10/02/2021 - 24/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Wed 13:15 - 14:15****Tutor: Ilsa Rose**

This class is for beginners from 2019-20 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. Texts: 1. Colloquial French, the complete course for beginners - Valerie Demouy & Alan Moys. 2. Practice makes perfect; Basic French. Elaine Kurbefor.

21LAN029: French Level 3**Dates: 10/02/2021 - 24/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Wed 14:30 - 15:30****Tutor: Ilsa Rose**

This class is for continuing class from 2020 or for those members who have studied French in the past. Communication and grammar will be involved while also touching on topics of general interest, customs and culture. Text Book: Colloquial French, The Complete Course for Beginners, Valerie Demouy and Alan Moys.

21LAN031: French Level 4A**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Mon 10:45 - 12:15****Tutor: Brigitte Ciurleo**

An Intermediate level class for those who have studied French in the past. You will have direct contact with real situations of communication through dialogues relating to daily life whilst exploring French grammar, vocabulary and culture. There will be opportunity to complete comprehension exercises as well as creating and performing your own dialogues in these everyday situations. TEXT: Communication Progressive du Français, Niveau Intermédiaire A2-B1 & CD audio 2018, (Miquel, Claire)

21LAN033: French Level 4B**Dates: 09/02/2021 - 23/11/2021****Location: Studio 8 Nunawading Community Hub****Type: Long Course****Weekly, Tue 12:45 - 13:45****Tutor: 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.

21LAN035: French Level 5A**Dates: 09/02/2021 - 23/11/2021****Location: Studio 8 Nunawading Community Hub****Type: Long Course****Weekly, Tue 11:15 - 12:30****Tutor: 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; French Problem Solver. Annie Heminway.

21LAN037: French Level 5B**Dates: 09/02/2021 - 23/11/2021****Location: Studio 8 Nunawading Community Hub****Type: Long Course****Weekly, Tue 9:30 - 10:30****Tutor: Margaret Bardos**

This is an intermediate level class for those who wish to consolidate their knowledge of French grammar and vocabulary and to practise conversation. The class is led by a team of class members; The text book is Vite etc Bien 2

21LAN039: French Conversation Level 2**Dates: 08/02/2021 - 22/11/2021****Location: Meeting Room 5 Nunawading Community Hub****Type: Long Course****Weekly, Mon 9:00 - 10:30****Tutor: Thierry Mauran**

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.

21LAN041: French Conversation Level 3**Dates: 10/02/2021 - 24/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Wed 9:30 - 11:00****Tutor: 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.

21LAN043: French Conversation Level 4**Dates: 09/02/2021 - 23/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Tue 12:45 - 13:45****Tutor: 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.

21LAN045: French for Travellers**Dates: 09/02/2021 - 23/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Tue 11:15 - 12:15****Tutor: Patricia Piastra**

This class will provide you with essential French vocabulary and phrases

21LAN047: German Level 1**Dates: 12/02/2021 - 26/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Fri 9:00 - 10:30****Tutor: Peter Goodwin**

This course is based on 'Colloquial German' by Dietlinde Hatherall Publisher. Routledge All beginners in German are welcome but a basic understanding of English grammar, or other European Language, would assist in learning German grammar.

21LAN049: German Level 2 Intermediate**Dates: 12/02/2021 - 26/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Fri 9:15 - 10:30****Tutor: 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.

21LAN051: German Level 3 Conversation**Dates: 12/02/2021 - 26/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Fri 10:45 - 12:15****Tutor: 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.

21LAN053: German Made Easy for Travellers Level 1**Dates: 12/02/2021 - 26/11/2021****Location: Meeting Room 5 Nunawading Community Hub****Type: Long Course****Weekly, Fri 11:30 - 12:30****Tutor: 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.

21LAN055: German for Travellers Level 2**Dates: 12/02/2021 - 26/11/2021****Location: Meeting Room 5 Nunawading Community Hub****Type: Long Course****Weekly, Fri 14:00 - 15:00****Tutor: 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.

21LAN057: German for Travellers Level 3 Advanced**Dates: 12/02/2021 - 26/11/2021****Location: Meeting Room 5 Nunawading Community Hub****Type: Long Course****Weekly, Fri 12:45 - 13:45****Tutor: 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.

21LAN059: Italian Beginners**Dates: 11/02/2021 - 25/11/2021****Location: Meeting Room 5 Nunawading Community Hub****Type: Long Course****Weekly, Thu 13:45 - 14:45****Tutor: Linda Froelich**

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

21LAN063: Italian Level 2A**Dates: 08/02/2021 - 22/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Mon 11:15 - 12:30****Tutor: John Finlayson**

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: Buongiona Italia! Joseph Cremona. BBC. New edition. ISBN 978-0-563-51945-4.

21LAN065: Italian Level 2B **Type: Long Course**
Dates: 10/02/2021 - 24/11/2021 **Weekly, Wed 12:15 - 13:30**
Location: Studio 4 Nunawading Community Hub **Tutor: 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.

21LAN067: Italian Level 3A **Type: Long Course**
Dates: 09/02/2021 - 24/11/2021 **Weekly, Tue 9:30 - 11:00**
Location: Studio 4 Nunawading Community Hub **Tutor: 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.

21LAN069: Italian Level 3B **Type: Long Course**
Dates: 11/02/2021 - 25/11/2021 **Weekly, Thu 12:00 - 13:30**
Location: Meeting Room 5 Nunawading Community Hub **Tutor: Karen Smith**
Leaders Karen Smith and Linda Froelich. 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. Text book; COLLOQUIAL ITALIAN, the Complete Course for Beginners” by Sylvia Lymbery.

21LAN071: Italian Level 4A **Type: Long Course**
Dates: 08/02/2021 - 22/11/2021 **Weekly, Mon 9:30 - 10:45**
Location: Studio 5 Nunawading Community Hub **Tutor: 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.

21LAN073: Italian Level 4B **Type: Long Course**
Dates: 11/02/2021 - 25/11/2021 **Weekly, Thu 9:30 - 11:00**
Location: Studio 3 Nunawading Community Hub **Tutor: 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.

21LAN075: Italian Level 4C **Type: Long Course**
Dates: 11/02/2021 - 25/11/2021 **Weekly, Thu 12:30 - 14:15**
Location: Meeting Room 3 Nunawading Community Hub **Tutor: 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.

21LAN076: Italian Conversation **Type: Long Course**
Dates: 08/02/2021 - 22/11/2021 **Weekly, Mon 12:45 - 14:15**
Location: Studio 3 Nunawading Community Hub **Tutor: Carl DiGiovine**
A new Italian conversation class. Details to be advised.

21LAN077: Italian for Travellers**Dates: 08/02/2021 - 22/11/2021****Location: Studio 8 Nunawading Community Hub****Type: Long Course****Weekly, Mon 12:00 - 13:00****Tutor: 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.

21LAN079: Japanese Beginners**Dates: 12/02/2021 - 26/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Fri 10:45 - 11:45****Tutor: Toshie Burke**

This class is for those who want to study Japanese from scratch. Written Japanese (hiragana, katakana) is introduced, however, roman letter is used. The goal is to express simple sentences orally.

21LAN081: Japanese Level 1**Dates: 11/02/2021 - 25/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Thu 12:30 - 14:00****Tutor: Yvonne De Sousa**

This class is for those who have some knowledge of the Japanese Language and can read Hiragana. The text book is "Japanese for Busy People Book 1." Revised edition.

21LAN083: Japanese Level 3**Dates: 12/02/2021 - 26/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Fri 9:30 - 10:30****Tutor: Toshie Burke**

This class is the continuation of Level 3 2020. For those who understand simple sentence both plain and polite form. Written Japanese hiragana, katakana, kanji and roman letters are used.

21LAN085: Japanese Level 4**Dates: 10/02/2021 - 24/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Wed 9:30 - 10:30****Tutor: Toshie Burke**

This class is the continuation of Level 4 2020, for those who understand simple sentence both plain and polite form and some advanced expression.

21LAN087: Japanese Level 5**Dates: 12/02/2021 - 26/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Fri 11:15 - 12:45****Tutor: Yvonne De Sousa**

This class is for those who can read Hiragana and Katakana. The text book is "Japanese for Busy People Book 2." Revised edition. "Japanese for Busy People Book 1" should be retained.

21LAN089: Japanese Level 6**Dates: 12/02/2021 - 26/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Fri 9:15 - 11:00****Tutor: Yvonne De Sousa**

This class is for those who can read and write Hiragana and Katakana fluently. Knowledge of some Kanji characters would be beneficial. The text book is "Japanese for Busy People. Book3." revised edition. "Japanese for Busy People books 1&2. Should be retained.

21LAN091: Russian for Travellers**Dates: 09/02/2021 - 22/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Tue 13:30 - 15:00****Tutor: 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.

21LAN093: Spanish Basic Beginners**Dates: 10/02/2021 - 24/11/2021****Location: Studio 8 Nunawading Community Hub****Type: Long Course****Weekly, Wed 14:00 - 15:30****Tutor: Elizabeth Ramirez**

This beginners Spanish class is for people with NO or little Spanish Language knowledge. It will start from basic ABC / Vowels. Students should not expect to start with any reading. There is no Text Book. there may be a small fee for photocopying work sheets. to be discussed at the first class. Exercise book and pen for note taking

21LAN095: Spanish Level 2**Dates: 09/02/2021 - 23/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Tue 13:15 - 14:45****Tutor: 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.

21LAN097: Spanish Level 3**Dates: 08/02/2021 - 22/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Mon 12:30 - 14:00****Tutor: 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.

21LAN099: Spanish Level 4**Dates: 09/02/2021 - 23/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Tue 12:00 - 13:00****Tutor: David Secomb**

This class is a continuation of the two-year Intermediate and Advanced Grammar class that ran in 2019-2020, and will aim to consolidate and extend grammar learned in that program. Text: to be advised. The textbook will be augmented by materials from other sources, including the internet. It is advisable if you have not been in this class in 2020 to contact the Course Administrator who will put you in contact with the Class Leader.

21LAN101: Spanish Level 5**Dates: 09/02/2021 - 23/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Tue 10:45 - 11:45****Tutor: Pili Jenkin**

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

21LAN103: Spanish Level 6**Dates: 11/02/2021 - 25/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Thu 9:30 - 11:00****Tutor: 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

21MUS001: Cantonese Opera**Dates: 12/02/2021 - 26/11/2021****Location: Meeting Room 2 Nunawading Community Hub****Type: Long Course****Weekly, Fri 9:30 - 11:30****Tutor: Yin Wong**

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

21MUS003: Choir**Dates: 10/02/2021 - 24/11/2021****Location: Studio 2 Nunawading Community Hub****Type: Long Course****Weekly, Wed 10:45 - 12:00****Tutor: 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.

21MUS005: Exploring Music**Dates: 12/02/2021 - 26/11/2021****Location: Studio 4 Nunawading Community Hub****Type: Long Course****Weekly, Fri 12:30 - 14:30****Tutor: 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.

21MUS007: Guitar Beginners**Dates: 12/02/2021 - 26/11/2021****Location: Studio 1 Nunawading Community Hub****Type: Long Course****Weekly, Fri 9:15 - 10:30****Tutor: Christopher Cook**

Guitar Beginners, from an absolute beginner to a competent player! 'Starter' music initially provided - however, the tutor course book, 'Fast Track, Guitar 1', which includes modern, classical and evergreen melodies, will be a requirement. The course is round-table, which allows each student, one-by-one, to play live in class. Initially intimidating, but really good fun amongst friends! Equipment necessary: Guitar (either classical or acoustic), portable music stand, and a clip-on electronic guitar tuner essential!

21MUS009: Guitar Accompaniment & Song**Dates: 11/02/2021 - 25/11/2021****Location: Studio 9 Nunawading Community Hub****Type: Long Course****Weekly, Thu 9:30 - 10:30****Tutor: Christopher Cook**

Revisit the 60s, 70s, 80s and 90s - Bring along your guitar and your voice. The class is loosely following the world-famous justinguitar.com guitar course. Note that the course is round-table, which allows each student, one-by-one, to play live in class. Initially intimidating, but really good fun amongst friends! 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.

21MUS011: Guitar Progressive**Dates: 12/02/2021 - 26/11/2021****Location: Studio 9 Nunawading Community Hub****Type: Long Course****Weekly, Fri 12:15 - 13:15****Tutor: Bob Hayes**

If you have good 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, harmony lines, and basic chords using the Hal Leonard Guitar Method Complete Edition. As for the foreseeable future there will be Zoom classes only, members will need to have the necessary computer equipment (both visual and audio). All members will be expected to play for the class, a piece of music of their own choice every week. PDF files of additional music will be provided. Members are encouraged to play their own music.

21MUS013: Silver Grove Swing Band**Dates: 09/02/2021 - 23/11/2021****Location: Studio 9 Nunawading Community Hub****Type: Long Course****Weekly, Tue 9:00 - 11:30****Tutor: Geoffrey Moore**

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

SCIENCE

21SCI001: Astronomy**Dates: 10/02/2021 - 24/11/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Wed 9:30 - 10:30****Tutor: John Shattock**

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.

21SCI003: Climate Change**Dates: 09/02/2021 - 23/11/2021****Location: Meeting Room 4 Nunawading Community Hub****Type: Long Course****Weekly, Tue 9:30 - 11:00****Tutor: Tony Kerr**

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.

21SCI005: Discussion Group (Science)**Dates: 09/02/2021 - 30/11/2021****Location: Studio 3 Nunawading Community Hub****Type: Long Course****Weekly, Tue 9:30 - 10:30****Tutor: Derek Williams**

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.

21SCI007: Economics**Dates: 09/02/2021 - 22/06/2021****Location: Studio 5 Nunawading Community Hub****Type: Long Course****Weekly, Tue 13:00 - 14:30****Tutor: Andrew Gee**

To present an outline of economic issues and challenges in a discussion environment. This is not intended to be a complete or definitive program on economics, but rather to provide a background to various issues facing Australia and encourage discussion on the issues presented. It is specifically non-political, so persons with a political agenda need not attend!

21SCI009: Vaccines, Immunity & COVID 19**Dates: 08/02/2021 - 21/06/2021****Location: Studio 8 Nunawading Community Hub****Type: Short Course****Weekly, Mon 13:30 - 15:00****Tutor: Christina Hart**

While SARS-CoV-2, the virus that causes the disease COVID-19, kept us socially distanced through much of 2020, we pinned our hopes on the arrival of a vaccine that would allow economic and social activity to resume safely. In this class we will explore how this virus was able to jump from bats to humans, and why it has been so deadly for us but not for the bats. We will learn how our immune system responds to an infection and how a vaccine primes our immune system to fight it. During 2021 the potential of the various vaccines that have been developed with extraordinary rapidity during 2020 will become clearer: the question of which ones - if any - promise the greatest benefits will have implications for every aspect of our lives and will likely be a topic of lively discussion, in this class and elsewhere.

21SCI010: Isotopes: carbon dating to PET scans**Dates: 12/07/2021 - 22/11/2021****Location: Studio 8 Nunawading Community Hub****Type: Short Course****Weekly, Mon 13:30 - 15:00****Tutor: Christina Hart**

Terms 3 & 4 Isotopes: from carbon dating to PET scans and smoke detector. The fact that some atoms have more than one isotope was discovered at the beginning of the 20th Century, but our everyday experience gives us no direct evidence of this interesting fact. However, some isotopes are radioactive, and many of these have found very significant applications in the modern world. For most of us, our most likely encounter with a radioactive isotope would be in a medical context: many diagnostic procedures and treatments rely on the nuclear decay of a radioactive isotope. But naturally occurring radioactive isotopes enable scientific investigations such as archaeological dating, while artificially produced isotopes are used in food preservation and a variety of industrial processes. Our exploration of the unseen world of isotopes will begin by unpacking the periodic table of the elements, arguably one of the most important inventions in all of chemistry and physics.

21SCI011: Geology**Dates: 11/02/2021 - 25/11/2021****Location: Studio 8 Nunawading Community Hub****Type: Long Course****Weekly, Thu 9:30 - 11:00****Tutor: Phil Bock OAM**

Tutors: 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.

21SCI013: The Joy of Mathematics**Dates: 09/02/2021 - 23/11/2021****Location: Meeting Room 3 Nunawading Community Hub****Type: Long Course****Weekly, Tue 9:30 - 10:30****Tutor: John Shattock**

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

21SCI015: Understanding Weather

Dates: 11/02/2021 - 25/11/2021

Location: Studio 3 Nunawading Community Hub

Type: Long Course

Weekly, Thu 11:15 - 12:30

Tutor: 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.

RE-ENROLMENT INSTRUCTIONS

1. Go to the **u3anunawading.com.au** website and click on **Enrolments**
2. Click on **Login** and use your Member No (or email address) and Password.
3. After successful login you will see My Membership details. Check your Membership Details are correct.
4. To view available courses, click on **Courses** in the Menu on the left. Courses are arranged in blocks of 20 Courses. Use the arrows at the top < > to move between blocks of courses.
5. If you are interested in a Course click on that Course
6. To select this Course click on **Add to Cart**
7. Once you have completed the selection of your Courses, go to **Shopping Cart**
8. You need to **tick the box** agreeing to **Terms and Conditions** before checking out.
9. To pay, click on **PayPal** and either use your PayPal account or enter your credit card details. If you wish to pay at the office, click on download the PDF and print two copies and take them to the office. Since we are not accepting cash at the office it is far easier for us administratively if you pay via PayPal.