The information in this guide was correct at the time of publication. Activities, dates, times and venues may have changed since then. Please check our web site (baysideu3a.org) for up to date information.

**Art and Craft**

**Advanced Art**
*Course code:* 17100
*Location:* Old Brighton Courthouse
*Day/time:* Wednesday 10am Weekly
*Starts:* 8 Feb  *Ends:* 29 Nov
*Tutor:* Suzanne Kaldor

Explore the different aspects of techniques to create the mood and expression of your images. Like create a wet day, night in the city, deep shadows at noon, windy days, starry night and many more. While we introduce the knowhow everyone can choose their own topic. Planning an Art Gallery visit in Term 1.

Second term: Linocut, block printing and textile painting. Some expenses occur for the ink (painting media) we can bulk purchase and share the costs. Suggest a Printmaking Studio Visit first up.

Third term: Collage and mixed media. It is a new way of expression. The method is old but very popular today. Visit an Artist. Understand their philosophy and their Art.

Last term we will introduce Pastel drawing, use of charcoal and also pen and ink, my favourite art form as your expression is entirely done with pattern and lines. For example see the art of Durer. This term suggested visit to the Pastel Society.

**Portrait Painting**
*Course code:* 17102
*Location:* Old Brighton Courthouse
*Day/time:* Thursday 2pm-4pm Weekly
*Starts:* 20 Apr  *Ends:* 29 Jun
*Tutor:* Anne Hattam

Human figure drawing and painting classes.

Participants will need to provide their own materials. Butchers paper will be available for the first class only.

**Painting for pleasure**
*Course code:* 17059
*Location:* Old Brighton Courthouse
*Day/time:* Tuesday 10.30am-12pm Weekly
*Starts:* 21 Feb  *Ends:* 1 Dec
*Tutor:* Nance Silverman

A cooperative art group providing support and advice in a relaxed atmosphere to anyone who likes to paint or sketch. Members will choose their own painting style and provide their own materials and equipment. For the inexperienced painter advice about materials will be provided in the first session.

**Sculpture**
*Course code:* 17060
*Location:* Brighton Senior Centre
*Day/time:* Friday 10am-12pm Weekly
*Starts:* 10 Feb  *Ends:* 1 Dec
*Tutor:* Suzanne Kaldor

This course will cover a range of tools and techniques used to create sculptures.

Term 1: An introduction to sculpting materials. Participants can try different tools (no power tools permitted). The group will visit a sculpture show.

Term 2: We will work with stones. During this term we will also visit a Stone carver’s studio.

Term 3: Wood carving - Introducing different types of wood, and different wood sculpting methods. Visit to a a wood carver’s Studio.

Term 4: Modelling with clay and wax. Learning mould making and sand casting, lost wax ceramic mould and many other secrets of Bronze casting. Visit a foundry.

We hope this whets your appetite.

**Seed Beading Group**
*Course code:* 17051
*Location:* Black Rock Civic Hall
*Day/time:* Thursday 12pm Weekly
*Starts:* 9 Feb  *Ends:* 30 Nov
*Tutor:* Val Matthews

This course is for those who have already completed the beginners course. Create jewellery with a touch of class, in a friendly relaxed setting. Seed beading is a fabulous hobby with many rewards. Bring along your for a beading mat, needle and fireline thread. Bead costs vary.

Prerequisites: Good eyesight or lamp with magnifying glass

**Stitch and natter**
*Course code:* 17022
*Location:* Beaumaris Senior Centre
*Day/time:* Wednesday 9.45am Weekly
*Starts:* 8 Feb  *Ends:* 29 Nov
*Tutor:* Sandra Groves

Join this like minded group who enhance their creative skills with lot of natter.
Arts and Culture

**ArmcAhr Travel - 4th Friday**

**Course code:** 17106  
**Location:** Beaumaris Senior Centre  
**Day/time:** Friday 10am-12pm Monthly  
**Starts:** 24 Feb  
**Ends:** 24 Nov  
**Tutor:** Cath Graham

Group discussion of places that interest the participants, followed by itinerary ideas / information session on that destination. The class style will include group participation and presentations.

**Australian art**

**Course code:** 17010  
**Location:** Old Brighton Courthouse  
**Day/time:** Monday 11am Weekly  
**Starts:** 20 Feb  
**Ends:** 3 Apr  
**Tutor:** Diana Stock

Starting with prehistoric times to the present, the visual arts of Australia include indigenous rock art, Colonial and early European settlement paintings. The "Australian Impressionists" of the Heidelberg school together with the modernists such as Sidney Nolan and Margaret Preston will be discussed. The importance of the landscape and national identity will also be considered.

**Basics of Western Numerology**

**Course code:** 17083  
**Location:** Old Brighton Courthouse  
**Day/time:** Monday 10am-12pm Weekly  
**Starts:** 24 Apr  
**Ends:** 4 Sep  
**Tutor:** Valeria Metter

Numerology is easy to understand and needs only the Birth Date and Name to work with. Western (Pythagorean) Numerology developed much more extensively than Chinese Lo Shu Numerology, from which it still originated. Principle of grid as numerological chart, meaning of numbers from 1 to 9, number placements single and repeated, grid planes and arrows, Birth Day numbers, Life Path numbers, Name numbers, Personal Years, Years of Maturity. Practical examples will be widely used and students will be practicing interpreting their own Birth Date and Name numbers. Power Point presentation used for this course. Many handouts will be e-mailed. Anticipated Outcome: ability to understand, interpret and describe the personality, its strenghts and weaknesses using the Birth Date and Name. Additionally, the Personal Growth can be traced using Current and Future Year numbers and Years or Maturity.

**Big ideas**

**Course code:** 17065  
**Location:** Beaumaris Senior Centre  
**Day/time:** Monday 2pm-4pm Weekly  
**Starts:** 6 Feb  
**Ends:** 27 Nov  
**Tutor:** William Puls

A lecture and discussion class focused on big-picture issues and ideas in areas including such studies as philosophy, psychology, history, religion & ethics. Ideas are always related back to our own lives. Never too heavy and always questioning.

**Cinema Night - First Tuesday**

**Course code:** 17062  
**Location:** Other  
**Day/time:** Tuesday 6pm Monthly  
**Starts:** 7 Feb  
**Ends:** 5 Dec  
**Tutor:** Vivienne Dugdale

A night at the Palace Cinema in Bay Street Brighton, and occasionally at the Dendy to watch a film then enjoy a coffee at the next door restaurant to discuss the cinematic techniques used to enhance the film’s overall message or perhaps to just say how much you enjoyed the film.

**Current Affairs - Thursday**

**Course code:** 17047  
**Location:** Old Brighton Courthouse  
**Day/time:** Thursday 1.30pm-3.30pm Weekly  
**Starts:** 9 Feb  
**Ends:** 30 Nov  
**Tutor:** Ralph Levy

The weekly sessions review, evaluate and discuss important and interesting national and international events which have emerged in the preceding weeks. International topics with particular reference to their geopolitical and economic relevance to Australia are of special interest. Class participation in discussion is encouraged as are alternative discussion leaders from within the group.

**Current Affairs - Wednesday**

**Course code:** 17046  
**Location:** Beaumaris Senior Centre  
**Day/time:** Wednesday 1.30pm Weekly  
**Starts:** 8 Feb  
**Ends:** 29 Nov  
**Tutor:** Harry Hakman

Group discussion on subjects that are current and of interest. The tutor will have some suggested topics. It is important that the discussion is enjoyable and respectful of other people, their thoughts and ideas. A broad range of discussion topics is welcome.

**Introduction to Astrology**

**Course code:** 17082  
**Location:** Old Brighton Courthouse  
**Day/time:** Monday 12pm Weekly  
**Starts:** 24 Apr  
**Ends:** 5 Jun  
**Tutor:** Valeria Metter

Introduction to Astrology: Fundamentals and benefits of Astrology, Astrology history, Horoscope symbolism and forecasting, examples of other techniques, Astrology in the modern world. Power Point presentation is used for this course. Anticipated outcome: Understanding the essence and benefits of astrology, its philosophy and place in the modern world.

**Introduction to the Enneagram**

**Course code:** 17057  
**Location:** Beaumaris Senior Centre  
**Day/time:** Friday 2pm-4pm Weekly  
**Starts:** 21 Jul  
**Ends:** 25 Aug  
**Tutor:** Wendy Mangin

The Enneagram is an ancient, powerful and dynamic study of personality. It describes nine distinct and fundamental different patterns of thinking, feeling and acting. The course will cover the history of the Enneagram and examine the nine basic types of people.
The notion of "wings" and "stresspoints" will be explored, as well as directions for growth. Discussion and interaction will form an integral part of the learning experience. Outcomes will include a deeper knowledge and understanding of self and others.

Mens' cave
Course code: 17031
Location: Other
Day/time: Wednesday 1pm Weekly
Starts: 8 Feb Ends: 6 Dec
Alternate time: Also Saturday mornings 9-12
Tutor: Pat Flanagan

Located at Brighton Grammar School (entrance off Allee St), the Men's Cave aims to provide an opportunity for men interested in "having a yarn" over a cup of tea or coffee and while participating in activities and projects. Importantly, the Cave allows men to learn a new skill and/or pass on what they know to others while using wood-working and other tools and equipment. Interests of participants have included furniture restoration, wood-working, digital photography and electronics. The Men's Cave has a number of members with skills and experience in helping those wanting to learn a new skill or refresh their existing skill set. Their main qualification is the ability to welcome all those interested in sharing their time, even if only wanting to chat over a cuppa. The Cave also welcomes inquiries from U3A members connected to other community groups, or U3A tutors, which may require help on projects.

Prerequisites: As the Men's cave is located at Brighton Grammar school, it is essential that U3A students pass a Working With Children check (WWC). Details on how to complete this check can be found at http://www.workingwithchildren.vic.gov.au When applying for the WWC check, students should indicate that they are volunteers. This avoids payment of a fee.

Numerology - Discovering your life purpose
Course code: 17039
Location: Brighton Courthouse
Day/time: Wednesday 1pm Weekly
Starts: 9 Aug Ends: 13 Sep
Tutor: Marea Symonds

Expand your awareness and become master of your own destiny through the science of numbers, using the Pythagorean method. The Birth numbers can identify the personal destiny of each and everyone of us, together with the various lessons that lie ahead at different stages of our development. Through analysis of our Birth numbers, we can reach an understanding of who we are and what path we should be taking on our journey through life. This will be an interactive experience. The anticipated outcome will be that the group will have an understanding of the meaning of numbers and perhaps insight into their own personal numerological chart. Please bring pen, paper and a calculator to class.

Philosophers’ Cave: a community of enquiry
Course code: 17018
Location: Old Brighton Courthouse
Day/time: Tuesday 2pm-4pm Weekly
Starts: 14 Feb Ends: 28 Nov
Tutor: Darrell Reid

To fully participate in the Philosophers' Cave participants will need an email address and have access to the Internet. Previous studies in Philosophy and/or familiarity with the Philosophic canon is not required but an enquiring mind, and a preparedness to engage in respectful discussion and exploration of ideas, is essential. There will be homework, but not having done one's homework will not be an excuse for not attending. Stimulus material for the next week's session will be emailed during the previous week. This will typically consist of a short presentation or article. Members of the group are expected to view or read this material before class time and try to formulate questions (which, for them, arise out of the stimulus material) for the next session. The group will decide which questions will be explored. These questions will be explored with a degree of philosophic rigour rather than idle speculation. The guiding principles of the Philosophers' Cave are that we can all aspire to be philosophers and that philosophy is serious so should be seriously enjoyable

Prerequisites: An enquiring mind and a preparedness to engage in respectful discussion and exploration of ideas is essential. Previous studies in Philosophy and/or familiarity with the Philosophic canon is not required

Ladies sharing life stories
Course code: 17110
Location: Black Rock House
Day/time: Monday 11.30am Weekly
Starts: 27 Feb Ends: 11 Dec
Tutor: Joan Gibbs

A ladies group with the aim of sharing life stories, in a safe respectful group setting.

Wine appreciation - 2nd Thursday
Course code: 17073
Location: Beaumaris Senior Centre
Day/time: Thursday 7.30pm Monthly
Starts: 9 Feb Ends: 14 Dec
Tutor: Tony Aplin, Gail Aplin, Sally Mort

A friendly group of people who enjoy tasting various wines. We meet once a month (2nd Thursday) in the evening at a comfortable venue. We are wine lovers, not experts and we look forward to learning about different wines, styles, varieties and regions. No particular knowledge of wine is necessary; all that is required is that you enjoy good wine in friendly company. Class members take turns in choosing and presenting the wines, and are reimbursed for their purchases. A small charge is made to cover these costs.

Wine appreciation – 4th Thursday
Course code: 17107
Location: Old Brighton courthouse
Day/time: Thursday 7.30pm Monthly
Starts: 23 Mar Ends: 21 Dec
Tutor: Tony Aplin, Gail Aplin, Sally Mort

A friendly group of people who enjoy tasting various wines. We meet once a month (4th Thursday) in the evening at a comfortable venue. We are wine lovers, not experts and we look forward to learning about different wines, styles, varieties and regions. No particular knowledge of wine is necessary; all that is required is that you enjoy good wine in friendly company. Class members take turns in choosing and presenting the wines, and are reimbursed for their purchases. A small charge is made to cover these costs.
Winter Matinees - First Monday
Course code: 17105
Location: Other
Day/time: Monday 12.30pm Monthly
Starts: 1 May Ends: 2 Oct
Tutor: Jocelyn Dean

Brighten up your winter with a monthly visit to the city for lunch and to see a matinee at ACMI. The group will meet at the ACMI box office at 12.30 for a light lunch before seeing a film at 1.30pm. Costs: lunch plus $7 per movie for seniors card holders.

Intermediate iPad: Beyond the basics
Course code: 17048
Location: Beaumaris Senior Centre
Day/time: Thursday 1pm Weekly
Starts: 20 Apr Ends: 1 Jun
Tutor: Bronwen Perry

This intermediate-level course is intended for those users who feel confident using their iPads but [who] want to learn more and take their skills to the next level. The program will include: using iPad gestures, split screen and other advanced capabilities and settings; how to get more out of Calendar, Contacts and Reminder apps; more about Photos, including editing functions, creating albums, making and sharing slideshows; setting bookmarks, favourites and reading lists in Safari; using FaceTime and Skype; using iCloud [and other cloud services such as Dropbox and Google Drive] and synchronising your iPad with other devices; discovering more great apps for getting the most out of your iPad. Plus a whole lot more! Plenty of time in each session to have your questions answered.
Prerequisites: Participants should have completed the entry-level program -- iPad and tablet: Getting started OR equivalent learning

Computer appreciation
Course code: 17002
Location: Old Brighton Courthouse
Day/time: Monday 12.30pm Weekly
Starts: 6 Feb Ends: 27 Nov
Tutor: Vladimir Metter

This course covers topics such as: What is inside the box? How components work together, operating a computer, working with the Internet and other applications. Please bring a notebook and pen and your own laptop, if you have one.

iPad and tablet getting started - Brighton
Course code: 17055
Location: Old Brighton Courthouse
Day/time: Tuesday 10am-12pm Weekly
Starts: 25 Jul Ends: 22 Aug
Tutor: Sue Steele

iPads and tablets are great fun and have a myriad of uses. The course will cover some basics such as settings and managing/transferring photos and documents, as well as looking at interesting and useful apps and some fun things to do -- driven by class interest. Classes are small and informal with lots of opportunities for individual assistance and trying things out. Please bring along your iPad OR tablet fully charged. WiFi is available. Emphasis will be on iPad cf. android tablets.

improving your PC skills
Course code: 17071
Location: Old Brighton Courthouse
Day/time: Wednesday 10am-12pm Weekly
Starts: 2 Aug Ends: 23 Aug
Tutor: Pam White

This course is aimed at users who have some familiarity with using Windows based PCs and who would like to increase their level of confidence and learn some new skills. The sessions will be interactive and informal, and will cover topics such as Security, Email, using the Internet, storing your photos, Online Shopping, etc. There will be lots of opportunity to gain ‘hands on’ practice using your own laptops (Windows 7 or 10).

iPad, tablet & smartphone advice – 3rd Friday
Course code: 17025
Location: Beaumaris Senior Centre
Day/time: Friday 10.15am Monthly
Starts: 17 Feb Ends: 17 Nov
Tutor: Sue Steele, Bronwen Perry

Does everyone seem to know more about using iPads, tablets and smartphones than you do? Do you have questions or issues you need answers to? Bring you device along and volunteers will be on hand to help answer your questions. This is not a formal class. Runs monthly, 3rd Friday.
Exercise Your Body and Mind

Balance and bones - Brighton
Course code: 17111
Location: Old Brighton Courthouse
Day/time: Tuesday 9am Weekly
Starts: 18 Apr Ends: 5 Dec
Tutor: Jennie O'Reilly

Seated and standing exercises with or without weights to strengthen muscles, improve balance and fitness. Each class will last one hour and will include a short warm-up followed by several upper and lower limb exercises (mostly with weights) and functional exercises. The class will include a balance component and conclude with a short relaxation exercise. Jennie will lead and encourage participants to mirror her movements. Participants will be asked to help set up the room and be independent in putting on their leg weights where possible. Participants who perform these exercises will be less likely to experience loss of muscle mass, functional decline and fall related injuries compared with adults who do not exercise.

Prerequisites: Participants must be able to exercise while standing and be prepared to use weights in hands and on legs. Please wear loose, comfortable clothing and flat, supportive shoes.

Balance and Bones - Friday
Course code: 17074
Location: Beaumaris Senior Centre
Day/time: Friday 9am Weekly
Starts: 10 Feb Ends: 15 Dec
Tutor: Helene Redding

Balance and Bones is a low impact exercise class suitable for anyone over 65 which aims to strengthen bones and improve balance, thereby reducing the possibility of falls ,and also improving ability to carry out activities of daily living. Small weights will be used in this Class. Please wear loose, comfortable clothing and trainers or walking shoes.

Balance and Bones - Tuesday
Course code: 17075
Location: Beaumaris Senior Centre
Day/time: Tuesday 9am Weekly
Starts: 7 Feb Ends: 12 Dec
Tutor: Helene Redding

Balance and Bones is a low impact exercise class suitable for anyone over 65 which aims to strengthen bones and improve balance, thereby reducing the possibility of falls ,and also improving ability to carry out activities of daily living. Small weights will be used in this Class. Please wear loose, comfortable clothing and trainers or walking shoes.

CARELIV Technique - Calming, Relaxing, Living
Course code: 17091
Location: Old Brighton Courthouse
Day/time: Wednesday 2.15pm-4.15pm Weekly
Starts: 8 Feb Ends: 29 Nov
Alternate time: No classes in term 2
Tutor: Stephen Le Page

This course includes techniques for relaxing and calming the mind and body and for competent handling of life’s challenges, especially those we face as we get older in a tech-heavy and rapidly changing world. Participants will be taught ways of thinking and behaviour to aid personal harmony and positive relationships with family, how to cope with change, how to relax and to calm the mind. The course comprises teaching and practical implementation, and is based on a mix of eastern and western philosophies, meditation, martial arts, yoga, practical living examples from business negotiation, habits and teachings of famous influence leaders (incl. Edward de Bono, Leonardo da Vinci), and numerous other eclectic sources. Participants should have a yoga mat, cushion and/or bolster, blanket and wear loose comfortable clothing. They must be able to lie down, be quiet, and able to sit for a reasonable period (on floor or chair). Taking notes will be encouraged. Though techniques for managing our passage through the world are taught, the object of the course is adaptive change of the outlook and inner attitudes of the individual. Students must be open-mind and prepared to work to change their life and to implement the techniques. This is not simply a weekly lazy session (though participants should float out the door) but a way to improve lifestyle and relaxation, and life performance, long term. Prospective students may be contacted to assess readiness and commitment to the course.

Carpet bowls
Course code: 17054
Location: Highett Neighbourhood House
Day/time: Monday 1pm Weekly
Starts: 16 Jan Ends: 11 Dec

Social indoor carpet bowls games on a weekly basis. Games are played in a relaxed, friendly atmosphere with the participants having fun in a convivial, social setting. No prior bowls experience necessary, equipment is provided. Note there is $2 equipment charge including morning tea. The address is Highett Neighbourhood House at 2 Livingston St Highett.

Feldenkrais - magical movement
Course code: 17006
Location: Old Brighton Courthouse
Day/time: Thursday 9.30am Weekly
Starts: 9 Feb Ends: 30 Nov
Tutor: Marie Arendsen

Feldenkrais is not a Gym workout, rather a mind/body exploration. Classes involve being guided through a planned sequence of easy, gentle movements that are designed to develop a greater self-awareness of HOW to move. Through observing one’s movements, one can explore and learn more easily, and more comfortable and efficient ways of moving in everyday activities. This improves one's health and wellbeing. Lessons are taught in a range of positions: lying/sitting on the floor, sitting in a chair or standing. Some tips for the classes: Move gently - don’t strain. Avoid effort and discomfort. Move slowly - so one can sense, observe, feel. Rest often. Learn & enjoy.

Prerequisites: Need to be able to get up and down from lying on the floor. Bring a yoga mat and a large towel. Wear loose comfortable clothing such as a track suit.

Gentle Yoga - Brighton
Course code: 17016
Location: Old Brighton Courthouse
Day/time: Wednesday 12.45pm Weekly
Starts: 22 Feb Ends: 29 Nov
Tutor: Janice Lawton

One hour of gentle stretching exercises for seniors, breathing techniques to slow the breath and calm the mind and always finishing with a 5 minute relaxation script to totally relax the mind and body. Participants must be mobile and able to do exercises on the floor on a
Introduction to Association Croquet  
Course code: 17117  
Location: Brighton Croquet Club  
Day/time: Thursday 4.30pm - 6pm Weekly  
Starts: 12 Oct  Ends: 9 Nov  
Alternate time:  
Tutor: Lesley Cavalier

Coaching for beginners in association croquet at Brighton Croquet Club 6 Bleasby Avenue, Brighton. All equipment is supplied by the club but flat soled shoes would be needed, ie sneakers or walking shoes. Cost is $5 per session for green fees. Croquet is a strategic and interesting game played on lawns by people of all ages. Players negotiate a series of 6 hoops in a specific order using a mallet and ball. Played as singles or doubles, 4 balls are involved in each game. Cam be played socially and/or competitively. There is opportunity to play pennant and the club has an open tournament each year and runs several in house competitions. Come and try it.  
www.brightoncroquetclub.com.au

Lawn Bowls - absolute beginners  
Course code: 17080  
Location: Hampton Bowls Club  
Day/time: Wednesday 10am-12pm Weekly  
Starts: 8 Feb  Ends: 29 Nov  
Tutor: Rob Coulson

Attendees will be taught the etiquette, techniques and laws of Lawn Bowls in a friendly and encouraging environment. Hampton Bowls Club accredited coaches will give full support at all sessions. Students completing the course will be able to hold their own in lawn bowls matches, whether at a purely social level, club competition level or even pennant. All equipment will be supplied. Cost $10 per term. Prerequisites: Wear your flattest shoes.

Lawn Bowls - intermediate  
Course code: 17087  
Location: Hampton Bowls Club  
Day/time: Wednesday 10am-12pm Weekly  
Starts: 8 Feb  Ends: 29 Nov  
Tutor: Rob Coulson

Attendees will be taught the etiquette, techniques and laws of Lawn Bowls in a friendly and encouraging environment. Hampton Bowls Club accredited coaches will give full support at all sessions. Students completing the course will be able to hold their own in lawn bowls matches, whether at a purely social level, club competition level or even pennant. All equipment will be supplied. Cost $10 per term. Prerequisites: Wear your flattest shoes.

Mindfulness Meditation  
Course code: 17090  
Location: Old Brighton Courthouse  
Day/time: Friday 2pm-4pm Weekly  
Starts: 10 Feb  Ends: 1 Dec  
Alternate time: No classes in term 2  
Tutor: Stephen Le Page

Mindfulness Meditation allows us to bring our personal consciousness into the present and encourages us to have a non-judgemental focus on life as we experience it. Meditation brings with it the fullest and most heightened experience. The course teaches the tenets of mindfulness in a secular manner as a means of reducing stress and developing new approach to life. Students are taught various methods of

Yoga mat and blanket, and will need the ability to move from the floor to a standing position. Most exercises are from the anti-arthritic series. Participants must bring their own yoga mat and blanket.  

Gentle Yoga - Hampton  
Course code: 17015  
Location: Hampton Yoga Centre  
Day/time: Friday 10am-11am Weekly  
Starts: 10 Feb  Ends: 1 Dec  
Tutor: Janice Lawton

This class is for those wanting to deepen their Yoga practice. Previous experience is required. One hour of gentle stretching exercises for seniors, breathing techniques to slow the breath and calm the mind and always finishing with a 5 minute relaxation script to totally relax the mind and body. Participants must be mobile and able to do exercises on the floor on a Yoga mat and blanket, and will need the ability to move from the floor to a standing position. Most exercises are from the anti-arthritic series. Please bring along a yoga mat if you have one, if not spares will be available.

Hatha Yoga  
Course code: 17053  
Location: Beaumaris Community Centre  
Day/time: Tuesday 11.30am Weekly  
Starts: 8 Feb  Ends: 11 Dec  
Tutor: Lorraine Ellis

This is a Hatha Yoga class of gentle stretching exercises, breathing techniques and relaxation practice. Throughout each session the yoga asana (postures) are explored with emphasis upon their benefits and their safe and appropriate practice. You will learn traditional yoga pranayama (breathing techniques) that remind the body how to breathe deeply and effectively and which help to improve energy levels, calm the mind and improve sleep. Each class ends with a relaxation meditation. For your comfort please bring a yoga mat and blanket. Beginners are welcome. Prerequisites: Participants must be mobile and able to do exercises on the floor using a yoga mat and will need the ability to move from the floor to a standing position.

Integral yoga  
Course code: 17096  
Location: Beaumaris Community Centre  
Day/time: Tuesday 1pm Weekly  
Starts: 7 Feb  Ends: 28 Nov  
Tutor: Margie O'Donnell

The word Yoga means to join or bind and that's what this class does, we join and balance the body, mind, breath and spirit in harmony. The class is balanced and has been pre choreographed by a team of doctors to balance out the muscle groups. The choreography stays the same each week however the sequences i.e. back bends forwards bends etc will change slightly. The contents of the class consists of Asanas, followed by Yoga Nidra, Pranayama and Meditation. If anyone has a medical condition doctor's approval is necessary. Please bring your own yoga mat plus a block or strap if you wish as these are not provided. Otherwise enjoy the class.
meditation, focus and breathing, and in-class practice will comprise approximately 50% + of course time. Homework meditation and training exercises will be set and participants encouraged to report on their experiences. STUDENTS SHOULD BE PREPARED TO MEDITATE AT HOME FOR AT LEAST 20-30 MINUTES DAILY DURING THE COURSE - and forever! Please do not enrol in this course if you are not prepared to change your daily routine. Participants will wear loose comfortable clothing, be able to sit (chair, floor or bench) for a reasonable period, and, if sitting on the floor, bring a firm thick cushion, a meditation bench, a blanket and/or rubber mat. Students of earlier MM courses are welcome to refresh and extend their practice. This is a serious course with a definite outcome in mind on its conclusion - a radical change of outlook and performance. The meditation is a means to a mindful life. Participants must be prepared to meditate at home and make changes in their routine to do so. Prospective participants may be contacted with a view to assessing their commitment and suitability for the course.

Prerequisites: Participants will need to be able to sit erect on a floor yoga mat (preferred) or in a chair for at least 15-20 minutes at a time. Preferably, students will have had some exposure to meditation and the appropriate mind-set.

Motivation to refocus your life
Course code: 17116
Location: Brighton Courthouse
Day/time: Tuesday 1.30pm-3.30pm Fortnightly
Starts: 1 Aug   Ends: 29 Aug
Tutor: Ian Marchment

This course will provide an interactive look at where you are now in terms of 10 key areas of your life and at setting a number of personal goals in each. The key areas include: Self Esteem, Health and Physical Exercise, Family, Education, Downsizing, Financial, Social, Holidays and Community Service. Ian has found, running this course over the last four years, that it highlights that life is a journey with many ups and downs for us all. You may have lost a partner, moved interstate and need to make new friends, need to downsize your family home. We look at the baggage you may be carrying from your childhood or married life and the impact it has on you now. We visit self esteem and what you can do to improve your confidence. We will set individual realistic goals and work out an action plan to achieve your full potential, giving you meaning and purpose in life.

Moving to Music
Course code: 17066
Location: Beaumaris Community Centre
Day/time: Tuesday 2.30pm Weekly
Starts: 7 Feb   Ends: 28 Nov
Tutor: William Puls

Informal and improvised movement, including a few very simple dance steps, accompanied by rhythmic music from CDs, or from the internet with visuals. Lively but relaxed - no expectations of skill in coordination or great fitness. Just starting out in 2017, so we will be a bit experimental to begin with. Dress casually, as for an exercise class.

Soul Yoga - Therapeutic Yoga, Relaxation, Meditation, Oneness Soul Healing
Course code: 17050
Location: Old Brighton Courthouse
Day/time: Friday 10.30am Weekly
Starts: 10 Feb   Ends: 1 Dec
Tutor: Nivedita Saraswati-Turner

An ongoing class incorporating the principles of Soul Healing for Health and Happiness, Healthy Spine, Healthy Hip's, Healthy Happy Neck, Healthy Happy Knees, Healthy Happy Consciousness! As a senior yoga teacher with over 30 years experience in the yoga and healing fields - Nivedita is happy to offer a 1 hour class which incorporates all of the above in small segments, allowing you to leave the class feeling energized, invigorated, happy and healthy. - Bring an open mind and soul and enjoy the experience of the class. Commit to the weekly sessions (you deserve to experience the yoga for you!) - practice gives the results yoga brings - for inner health, happiness and harmony in soul, heart, mind and body. Bring a yoga mat or Pilates mat, a blanket and a cushion, and Water. Prerequisites: Anyone with health conditions needs to let Nivedita know prior to commencement of Terms.

Soul-Healing for Health & Happiness
Course code: 17020
Location: Beaumaris Senior Centre
Day/time: Tuesday 10.30am Weekly
Starts: 7 Feb   Ends: 28 Nov
Tutor: Nivedita Saraswati-Turner

The purpose of this innovative and exciting series of classes is to take you on a journey of discovery, self-empowerment and love and help you to take home simple, ancient practices to strengthen your body, gain more vitality and immunity - look and feel younger, and have fun! With the use of complementary study books (when available), movement, dance and singing, and contemplation - the class is a totally interactive, enjoyable, informative, with education and profound wisdom. You will leave feeling invigorated, energized and ready for what - life blesses you with. Some complementary practice books may be supplied if available. You are asked to have an open heart and mind and enjoy the journey.

Table Tennis
Course code: 17001
Location: Highett Neighbourhood House
Day/time: Wednesday 9am Weekly
Starts: 18 Jan   Ends: 20 Dec
Alternate time: Also Friday mornings

We meet on Wednesdays and Fridays for friendly games of Table Tennis. Participants are welcome to attend one or both sessions. There are three tables on Wednesday and two on Friday. All standards catered for, Warm welcome guaranteed. Note there is $2 equipment charge including morning tea. The address is Highett Neighbourhood House at 2 Livingston St Highett.

Tai Chi
Course code: 17114
Location: Brighton Courthouse
Day/time: Monday 3pm Weekly
Starts: 1 May   Ends: 4 Dec
Tutor: Norman Chong
Notes:

Tai chi has the unique effect of enhancing one's health, strength, energy, flexibility and balance. It originated some 800 years ago from the ancient Chinese wisdom encompassing the dynamic balance of nature's "Yin" and "Yang". Tai Chi requires you NOT to exert your force but to relax all your body and limbs. Tai Chi core practice demonstrates exceptional smooth and perfect body coordination. Energy circulates effectively throughout the body without rigorous
physical exercise. With more oxygen supplied to the tissues you will set in and sustain a state of natural health and a great peace of mind.

**Walking Group - Mondays**

*Course code: 17035*

*Location: Other*

*Day/time: Monday 9.30am Weekly*

*Starts: 6 Feb  Ends: 4 Dec*

*Tutor: Susan McFarlane*

A group of men and women who enjoy walking for around an hour to an hour and a half. They should like the beach trails and outlying areas of bayside, but also have an interest in the occasional walk which takes in a park (eg. Braeside) or a trip to the city to walk the Tan or around the Botanical Gardens. Medium paced walkers who like to keep the momentum going but also happy to stop and enjoy special sights when they occur. We are a convivial group who never struggle to make conversation but we can still have our quiet time when it suits not to talk! A very happy activity with like-minded people who just want to start their week with a spring in their step and in good company. This is a mixed walking group of members who are reasonably fit and able to walk between 4-6kms within one and a half hours. The group are encouraged to suggest alternative walks at any time and be prepared to collaborate and share any interesting experiences on the way. The important element is one of enjoying the outcome and the company of friendly seniors! Communication regarding the walks are by email, and a special request is that people notify the tutor if they are unable to attend or are away. We usually leave five minutes after the departure time in order to keep the morning on track. We generally end our walks at a cafe for refreshments or take a thermos to a park venue. Prerequisites: Fit enough to walk around 4-6kms at a steady pace. Water bottles and sunscreen essential, particularly in the summer period.

**Walking group - Tuesday**

*Course code: 17095*

*Location: Other*

*Day/time: Tuesday 9.30am Weekly*

*Starts: 7 Feb  Ends: 28 Nov*

*Tutor: Davan West*

A weekly walking group centred in Bayside's coastal areas for medium-paced walkers. Covering up to 6km in 1 1/2 hours for those who want to maintain or increase their fitness, at the same time sharing their experiences with fellow walkers. Varied venues and routes, with meeting points of the scheduled walks emailed to participants. A good opportunity to socialise while maintaining fitness. A day's walk will finish with a coffee stop (or maybe walkers bring a thermos for a stop-off in a park). Walks are selected within Bayside and surrounding areas with occasional visits to trails elsewhere in Melbourne (participants' suggestions are welcomed). Prerequisites: A reasonable walk fitness. In summer water, sunblock and a hat.

**Walking the Pilgrim’s Way in France - GR65**

*Course code: 17028*

*Location: Beaumaris Senior Centre*

*Day/time: Tuesday 2pm-4pm Weekly*

*Starts: 7 Feb  Ends: 28 Mar*

*Tutor: Bronwen Perry*

This course is the practical extension of the 10-week program presented in 2016: Planning and preparing for your pilgrimage walk in France. This program will incorporate all the practical aspects of planning and preparing for the challenge of walking the pilgrim’s way in France: the rustic and very charming GR65. Through collaborative learning, negotiation and guided activities/tasks, and by utilising a range of resources [guide books, websites and apps], participants will be actively involved in: - planning daily sections or stages to be walked [kilometres, elevation profile, trail conditions] - assessing the degree of difficulty of individual stages [trail topography] - negotiating rest days as appropriate - identifying suitable accommodation options [type, cost, location] - researching cultural highlights and historical places of interest - physical preparation and training - determining required clothing and equipment - learning about day-to-day practicalities and what to expect along the Way. Participants/class members will then be offered the opportunity [at own expense] to walk sections of this delightful, UNESCO-listed walking trail over three OR six weeks in the northern hemisphere autumn. Expect to do some homework! Program will include guest speakers. A briefing session prior to commencement of the course will provide further details of program content and give participants the opportunity to opt-in or opt-out.

**Games**

**500 card group**

*Course code: 17089*

*Location: Black Rock House*

*Day/time: Monday 2pm-4pm Weekly*

*Starts: 6 Feb  Ends: 27 Nov*

Come along and play a friendly game of 500 with a group of like minded people.

**Billiards / Snooker**

*Course code: 17052*

*Location: Highett Neighbourhood House*

*Day/time: Friday 9.30am Weekly*

*Starts: 20 Jan  Ends: 15 Dec*

Social billiards or snooker games on a weekly basis. Games are played in a relaxed, friendly atmosphere with the participants having fun in a convivial, social setting. No prior experience necessary, equipment is provided. Note there is $2 equipment charge including morning tea. The address is Highett Neighbourhood House at 2 Livingston St Highett.

**Billiards / Snooker for ladies**

*Course code: 17045*

*Location: Highett Neighbourhood House*

*Day/time: Thursday 9.30am Weekly*

*Starts: 2 Mar  Ends: 14 Dec*

*Tutor: Geraldine Colson*

Have you ever wanted to play Billiards or Snooker but felt it was a bit of a male domain? Not any more. This session is for the ladies. Social billiards or snooker games on a weekly basis. Games are played in a relaxed, friendly atmosphere with the participants having fun in a convivial, social setting. No prior experience necessary, equipment is provided. Note there is $2 equipment charge including morning tea. The address is Highett Neighbourhood House at 2 Livingston St Highett.
The Mahjong Player

Heard of words, big and small? Heard of strategy, hooks and blockers?

Tutor: Paula Raeburn

Course code: 17013
Location: Beaumaris Senior Centre
Day/time: Wednesday 1.30pm-3.30pm Weekly
Starts: 8 Feb Ends: 29 Nov
Tutor: Paula Raeburn

Heard of words, big and small? Heard of strategy, hooks and blockers? It is all in the game of Scrabble. A game to enjoy, have fun and exercise your memory. Beginners, intermediate and advanced players welcomed.

Scrabble - Brighton

Tutor: Sue Steele

Course code: 17112
Location: Old Brighton Courthouse
Day/time: Tuesday 1.30pm-3.30pm Weekly
Starts: 9 May Ends: 5 Dec
Tutor: Sue Steele

Heard of words, big and small? Heard of strategy, hooks and blockers? It is all in the game of Scrabble. A game to enjoy, have fun and exercise your memory. Beginners, intermediate and advanced players welcomed.

Supervised Bridge

Tutor: Suzanne Kaldor

Course code: 17043
Location: Old Brighton Courthouse
Day/time: Monday 10am-12pm Weekly
Starts: 6 Feb Ends: 27 Nov
Tutor: Suzanne Kaldor

Bridge is a fun and social game. If you are a beginner or new to the game, you are most welcome. You will soon learn.

History

Australian history, government & culture

Tutor: Susan Bell

Course code: 17085
Location: Black Rock House
Day/time: Thursday 12pm-2pm Weekly
Starts: 9 Feb Ends: 30 Nov
Tutor: Susan Bell

A basic introduction to who we are, how we are governed, our history and our unique Australian culture. Sue is always working on new topics and lectures.

The Bounty Trilogy

Tutor: Ian Sullivan

Course code: 17099
Location: Brighton Senior Centre
Day/time: Monday 10am Weekly
Starts: 5 Jun Ends: 3 Jul
Tutor: Ian Sullivan

This course covers the Voyage of the HMS Bounty and the well-known mutiny of 1789; the settlement of the mutineers and Tahitians on Pitcairn Island and its history to the present; the move to Norfolk Island and its history and its beauty and condition today. Photos are personal embellished by books and the internet. Discussion will be encouraged about fact and fiction, human survival in isolation, the challenge of lack of education, racial and class conflict and violence, British justice, religion and family in a microcosm of mankind. How much consideration should be given to the descendants of nine mutineers?

Convict Society and Its Enemies - A history of early New South Wales

Tutor: David Hone

Course code: 17040
Location: Beaumaris Senior Centre
Day/time: Friday 10.15am Weekly
Starts: 21 Jul Ends: 1 Dec
Tutor: David Hone
John Hirst was one of our great historians who recently died so this course is a tribute to his work. We will look at the reasons for the Foundation of the first British Colony in Australia, the impact of this on indigenous people, the nature of our convict society and what if any impact it has had on our current society. We will consider why Arthur Phillip and Macquarie should be still be greatly admired and what kind of man was Governor Bligh.

**Genealogy - First Friday**

*Course code: 17088*

*Location: Beaumaris Senior Centre*

*Day/time: Friday 10am-12pm Monthly*

*Starts: 3 Feb Ends: 1 Dec*

*Tutor: Robin Douglas*

This is a self-help and supportive group for those interested in Genealogy.

**History through documentaries**

*Course code: 17036*

*Location: Beaumaris Senior Centre*

*Day/time: Thursday 10.15am Weekly*

*Starts: 9 Feb Ends: 30 Nov*

*Tutor: David Hone*

After viewing an episode we will discuss the implications of what we have seen and look at some supporting material and consider the value of each episode as history.

**Life & Work of Robert Law**

*Course code: 17032*

*Location: Old Brighton Courthouse*

*Day/time: Tuesday 10am-12pm Weekly*

*Starts: 11 Jul Ends: 18 Jul*

*Tutor: Tony Aplin*

The life and photography of Robert Law (1870-1930) will be explored. Robert Law was the Chief Assayer and Refiner at the Royal Mint Melbourne. Participants will gain an appreciation of glass lantern slide photography and biographical historical research. Robert Law lived in Brighton from 1898 until his death in 1930. He was a keen amateur photographer and took thousands of photos in his lifetime, of Melbourne and Victoria and other places of interest. Many of these fascinating images will be shown during the presentation.

**USA in the 20th century**

*Course code: 17037*

*Location: Beaumaris Senior Centre*

*Day/time: Friday 10.15am Weekly*

*Starts: 10 Feb Ends: 30 Jun*

*Tutor: David Hone*

Continuing on from last year we will concentrate on the 20th century in the USA. US and World War 1 Depression and New Deal World War 2 Cold War Black Civil Rights Industrial Military complex Society of a super power

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**Languages**

**Basic Modern Greek**

*Course code: 17115*

*Location: Beaumaris Senior Centre*

*Day/time: Tuesday 1.30pm Weekly*

*Starts: 18 Jul Ends: 5 Dec*

*Alternate time:*

*Tutor: Kosta Argeres*

To navigate in the delight of a meaningful and important classical language and learn the basics of word construction leading into sentence construction through a thorough knowledge of the alphabet and proper phonetic representation of the spoken word. Class style will be very casual with input from the attendees as to content and context keeping in mind that structure in a language that does not demonstrate double meanings will ensure that every letter and every word learnt will duplicate a natural Greek speakers pronunciation. The end result is what people wanted to be, it can start with kindergarten basics and move on to more advanced dialogue and understanding.

**Dutch for beginners**

*Course code: 17038*

*Location: Beaumaris Senior Centre*

*Day/time: Thursday 2pm-4pm Weekly*

*Starts: 20 Apr Ends: 30 Nov*

*Tutor: Femke Meyer*

An introductory course of the Dutch language. We will cover basic grammatical rules and engage in practical conversations. Dutch culture will be covered as well.

**Everyday French & culture**

*Course code: 17019*

*Location: Beaumaris Senior Centre*

*Day/time: Tuesday 10.15am Weekly*

*Starts: 7 Feb Ends: 12 Dec*

*Alternate time: No classes in term 3*

*Tutor: Ernst Hackenbroich*

This course is for advanced beginners who can understand and use familiar everyday expressions, can phrase simple basic sentences, can introduce him/herself and others, ask and answer questions about personal details (where he/she lives, people he/she knows), can interact in simple French when spoken slowly. The course is a treasure of information about culture and enables you to survive in French speaking countries. It covers travel, health, services, leisure and socialising, emergency situations and much more. Easy grammar is part of the the lessons as well as practising simple day to day conversations Recommended books: DK Eyewitness Travel, 15-Minute French, Schaum’s outlines of French Grammar (6th edition) Prerequisites: Students must have good basic knowledge of French.

**Everyday German for advanced students**

*Course code: 17098*

*Location: Beaumaris Senior Centre*

*Day/time: Tuesday 12.15 Weekly*

*Starts: 7 Feb Ends: 12 Dec*

*Alternate time: No classes in term 3*

*Tutor: Ernst Hackenbroich*
This course is run in German and will focus on conversation and discussion of current affairs, travel, literature, culture and topics of general interest.

Additional Course Guideline: EU framework of Reference for Languages B1 (can understand the main points of clear standard input on familiar matters, can deal with most situations likely to arise when travelling in an area where German is spoken, can produce simple connected text on topics that are familiar or of personal interest, can describe experiences, events, hopes and ambitions and briefly give reasons and explanations for opinions and plans)

**French - Advanced conversation for fluent speakers**
Course code: 17079  
Location: Beaumaris Senior Centre  
Day/time: Thursday 10am-12pm Weekly  
Starts: 9 Feb  
Ends: 7 Dec  
Tutor: Joyce Young

Weekly meetings of advanced and fluent French speakers who can initiate an interesting prepared conversation or discussion and questions in order to share with other fluent speakers experiences and knowledge of this beautiful language, in a comfortable, friendly and enjoyable atmosphere. Topics will be be chosen by participants according to their interests and experiences in that language. The tutor acts as a facilitator. Native speakers, French teachers, people who have worked or lived in French-speaking countries are most welcome.

**French – Intermediate Beaumaris**
Course code: 17113  
Location: Beaumaris Senior Centre  
Day/time: Monday 12pm Weekly  
Starts: 24 Apr  
Ends: 4 Dec  
Tutor: Anna Wonneberger

This course develops comprehension and an ability to communicate in French. We explore French culture, way of life and language through reading and discussion. We use various media to stimulate and inspire. Sound knowledge of French is essential as this is not a class for beginners. The class is very relaxed and we have a lot of fun together.

**Prerequisites:** Sound knowledge of French essential

**French – Intermediate Brighton**
Course code: 17021  
Location: Old Brighton Courthouse  
Day/time: Thursday 1pm Weekly  
Starts: 9 Feb  
Ends: 7 Dec  
Tutor: Jane Olsen

This course develops comprehension and an ability to communicate in French. We explore French culture, way of life and language through reading and discussion. We use various media to stimulate and inspire. Sound knowledge of French is essential as this is not a class for beginners. The class is very relaxed and we have a lot of fun together.

**Prerequisites:** Sound knowledge of French essential

**French - post beginners Beaumaris**
Course code: 17014  
Location: Beaumaris Senior Centre  
Day/time: Monday 11.30am Weekly  
Starts: 13 Mar  
Ends: 27 Nov  
Tutor: Vivienne Player

A course for those who wish to build on and expand their basic knowledge of French.  
**Prerequisites:** Some basic knowledge of French required

**French - post-beginners Brighton**
Course code: 17058  
Location: Old Brighton Courthouse  
Day/time: Tuesday 11am Weekly  
Starts: 14 Feb  
Ends: 28 Nov  
Tutor: Patricia Devine

Classes for people with some knowledge of French.

**French - post-beginners Sandringham**
Course code: 17093  
Location: Sandringham Senior Centre  
Day/time: Monday 1pm Weekly  
Starts: 13 Feb  
Ends: 27 Nov  
Tutor: Elisabeth Brochard

This is a course for people who have some French, such a those who have completed a Beginners' French course, or who studied French in the past. There will be range of interesting and enjoyable activities to enhance your skill and knowledge of written and spoken French and grammar.  
**Prerequisites:** Some knowledge of French

**Italian – Basic 1**
Course code: 17042  
Location: Beaumaris Senior Centre  
Day/time: Friday 1.30pm Weekly  
Starts: 10 Feb  
Ends: 1 Dec  
Tutor: Rosalba Platania

Our aim is to learn basic Italian. We cover pronunciation, reading and writing, basic Italian, idioms, verbs, vocabulary. We will learn grammar together, easily and slowly.

This group will start from the beginning of the textbook *Living Italian a grammar based course*. Basic conversation will be practised. It is meant for beginners, or learners who wish to consolidate their knowledge.  
**Textbook:** *Living Italian a grammar based course*.  
ISBN 978 1444 15400 9 (book and CD set) $30.00

**Italian – Basic 2**
Course code: 17097  
Location: Beaumaris Senior Centre  
Day/time: Friday 12.15pm Weekly  
Starts: 10 Feb  
Ends: 1 Dec  
Tutor: Rosalba Platania

Our aim is to learn basic Italian. We cover pronunciation, reading and writing, basic Italian, idioms, verbs, vocabulary. We will learn grammar together, easily and slowly.
This group will start approximately from the second half of the textbook *Living Italian a grammar based course*. Basic conversation will be practised. It is not meant for real beginners, more for people who have a small amount of Italian already.

Textbook: Living Italian a grammar based course. ISBN 978 1444 15400 9 (book and CD set) $30.00

**Italian - Intermediate Brighton**

*Course code:* 17078  
*Location:* Old Brighton Courthouse  
*Day/time:* Thursday 10.45am Weekly  
*Starts:* 9 Feb  
*Ends:* 30 Nov  
*Tutor:* Domenica Tarquinio

Intermediate Italian, conversation and reading comprehension, for students who have done some Italian.

**Italian - post beginners**

*Course code:* 17081  
*Location:* Beaumaris Senior Centre  
*Day/time:* Friday 10am-12pm Weekly  
*Starts:* 9 Feb  
*Ends:* 1 Dec  
*Tutor:* Rosalba Platania

This is a group for students with some knowledge of basic Italian grammar and vocabulary. It is suitable for those who have completed a basic or introductory Italian course. We will cover pronunciation, reading, writing, grammar, conversations around the table and more. The class uses 1-2 textbooks, to be advised.

**Italian Conversation - Intermediate level**

*Course code:* 17012  
*Location:* Beaumaris Senior Centre  
*Day/time:* Thursday 10am-12pm Weekly  
*Starts:* 9 Feb  
*Ends:* 30 Nov  
*Tutor:* Rosalba Platania

Our main aim is to explore cooperatively the Italian language, Italy and its culture in an informed, enjoyable and progressive way. We will speak in Italian as much as possible. We will converse, discuss interesting topics, share experiences and information. We will play quizzes and laugh together. Each participant takes responsibility for their own progress in the knowledge of grammar and vocabulary. As a group we will revise verbs and their tenses. An active and intelligent participation at each session is expected at all times. Textbook 1 - Read and Think Italian - ISBN 978-0-07-176365-3 (book and CD set) - $30

Prerequisites: This conversation class is suitable for people with a comprehensive awareness of Italian grammar principles, and/or the equivalent of Year 12, and basic reading and conversation skills.

**Russian for beginners**

*Course code:* 17003  
*Location:* Old Brighton Courthouse  
*Day/time:* Friday 10.30am Weekly  
*Starts:* 10 Feb  
*Ends:* 7 Dec  
*Tutor:* Vladimir Metter

The basics and essentials for communicating in Russian with people who have no English. The course will teach the alphabet, pronunciation, common words and phrases.

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**Spanish continuous**

*Course code:* 17084  
*Location:* Beaumaris Senior Centre  
*Day/time:* Tuesday 10am-12pm Weekly  
*Starts:* 7 Feb  
*Ends:* 5 Dec  
*Tutor:* Joyce Young

This enjoyable course is designed for beginners with basic knowledge of Spanish as well as for those students who wish to revise any studies they had undertaken some time in the past. It will contain the study of practical language for communication, some appropriate grammar, reading, writing and conversation.

**Spanish for absolute beginners**

*Course code:* 17104  
*Location:* Old Brighton Courthouse  
*Day/time:* Tuesday 2pm-4pm Weekly  
*Starts:* 9 Feb  
*Ends:* 28 Nov  
*Tutor:* Nora Hunt

This is a course for beginners. The emphasis will be on learning some basic vocabulary, grammar and conversation. No prior knowledge of Spanish is required. We will follow the Schaum's Spanish Grammar text book. The idea is to have fun and learn at the same time.

**Literature & writing**

**Bayside Book Lovers - 2nd Friday Beaumaris**

*Course code:* 17008  
*Location:* Beaumaris Senior Centre  
*Day/time:* Friday 10.15am Monthly  
*Starts:* 10 Feb  
*Ends:* 10 Nov  
*Tutor:* Marilyn Hubbard

This year we will read books from a selection made by the 2016 Book Lovers group. This will provide a range of books from classics to more recent publications. Participants will need to arrange access to or purchase of the books; there are no class sets. Each month a book will be chosen and notes will be supplied with discussion to take place the following month. All BBL members will be encouraged to participate by leading a discussion with the support of other group members. Members will be given the list of books at the beginning of the year as well as suggestions for obtaining the books.

**Bayside Book Lovers - 3rd Friday Brighton**

*Course code:* 17049  
*Location:* Old Brighton Courthouse  
*Day/time:* Friday 12.30pm Monthly  
*Starts:* 17 Feb  
*Ends:* 17 Nov  
*Tutor:* Sue Steele

This year we will read books from a selection made by the 2016 Book Lovers group. This will provide a range of books from classics to more recent publications. Participants will need to arrange access to or purchase of the books; there are no class sets. Each month a book will be chosen and notes will be supplied with discussion to take place the following month. All BBL members will be encouraged to participate by leading a discussion with the support of other group members. Members will be given the list of books at the beginning of the year as well as suggestions for obtaining the books.
Bayside U3A 2017 Course Guide

**English Literature**

Course code: 17024  
Location: Brighton Senior Centre  
Day/time: Wednesday 12pm-2pm Weekly  
Starts: 8 Feb  Ends: 29 Nov  
Tutor: Barrie Sheppard

A study of novels, poetry and plays drawn from the classics, modern and Australian works. Classes will be conducted in seminar mode: short introductory lectures, readings and class discussion.

**Mentoring your memoir**

Course code: 17061  
Location: Black Rock House  
Day/time: Tuesday 9am-12pm Fortnightly  
Starts: 8 Feb  Ends: 3 May  
Tutor: Goldie Alexander

Lots of people have wonderful life-stories to relate, yet find it hard to get started. Though they may tell their stories, collate bits of the past, even research the net, when it comes to setting it all down, they are not sure how to begin, much less how to continue. These workshops will give lots of tips that, if carefully followed, will actually work. You will learn ways of setting oneself up, overcoming procrastination, tackling research and beginnings, creating convincing characters. You will also discuss crafting, plotting, dialogue, endings, the difference between fiction, non-fiction and facton, coping with controversial issues and publishing. Prerequisites: Uses Goldie's text Mentoring your Memoir

**Mythology & legend, the universal hero**

Course code: 17086  
Location: Black Rock House  
Day/time: Thursday 9am-12pm Fortnightly  
Starts: 9 Feb  Ends: 30 Nov  
Tutor: Susan Bell

A look at the universality of all myths and legends, including fairytales, and their importance in human development and psychology. Sue is always working on new topics and lectures.

**Shakespeare reading & discussion**

Course code: 17044  
Location: Beaumaris Senior Centre  
Day/time: Monday 2pm-4pm Weekly  
Starts: 6 Feb  Ends: 1 Dec  
Tutor: Audrey Harris

A play is chosen each week. The class tutor explains the play, the class reads it (alternating characters), discusses the meaning or any difficulty as the play is read. Participants will need copies of the plays to be discussed. Most work from an anthology of Shakespeare's complete works. These can be readily obtained at low cost.

**Writers discussion group - first Monday**

Course code: 17007  
Location: Black Rock House  
Day/time: Monday 9.45am Monthly  
Starts: 6 Feb  Ends: 4 Dec  
Tutor: Cheryl Threadgold

An informal discussion group for writers to share and discuss material of all genres. It is for workshopping material they have written with fellow writers, including radio plays.

**Music**

**Choir**

Course code: 17005  
Location: Beaumaris Senior Centre  
Day/time: Monday 4pm Weekly  
Starts: 6 Feb  Ends: 27 Nov  
Tutor: Jill Page

We welcome anyone who enjoys singing in a friendly, committed group. The ability to read music is an advantage, but not a necessity. Auditions are not necessary. We have a varied repertoire to which we are constantly adding more songs.

**Classical music - history & performance 1650-1950**

Course code: 17029  
Location: Beaumaris Senior Centre  
Day/time: Thursday 2pm-4pm Fortnightly  
Starts: 16 Feb  Ends: 7 Dec  
Alternate time: Alternates with jazz  
Tutor: David Peake

A history and discussion of instrumental and orchestral classical music with much audio and visual content. A critique of composers, artists and performances stimulating a desire to explore new areas of music and to enhance participants' enjoyment of and interest in classical music throughout the ages. Some of the music will be familiar but there will also be a lot of music by unjustly neglected composers.

**Introduction to European Operetta**

Course code: 17092  
Location: Old Brighton Courthouse  
Day/time: Tuesday 10am-12pm Weekly  
Starts: 1 Aug  Ends: 22 Aug  
Tutor: Alun Kenwood

This short course will offer a brief general introduction to English, French, German and Spanish operetta. An extensive collection of songs will be played to illustrate the different national genres. No language competence is required. Summaries of songs will be given where necessary.

**Jazz - from the beginning to the 60s**

Course code: 17030  
Location: Beaumaris Senior Centre  
Day/time: Thursday 2pm-4pm Fortnightly  
Starts: 9 Feb  Ends: 30 Nov  
Alternate time: Alternates with classical music  
Tutor: David Peake

A history and discussion of all types of jazz with audio and visual content, stimulating a desire to explore new artists, performances and styles of jazz, and to enhance participants' enjoyment of and interest in the many forms of jazz. David's definition of jazz is quite broad so be prepared for some interesting surprises.

**Opera Appreciation**

Course code: 17041  
Location: Private Home  
Day/time: Thursday 1pm Weekly  
Starts: 9 Feb  Ends: 30 Nov  
Tutor: Patricia Armstrong-Grant
Each session will commence with an introduction on the opera, the singers and special aspects of the opera to be shown. Due to the length of operas this class, conducted on Thursday, runs from 1 p.m. until approx. 4.30 p.m. Cost: $50 per 10 session series, payable at first session. Runs continuously throughout the year. Refreshments at mid afternoon break. Classes will be held in a purpose-built facility.

**Recorder group**  
*Course code: 17009*  
*Location: Black Rock House*  
*Day/time: Thursday 10am-11am Weekly*  
*Starts: 9 Feb  Ends: 30 Nov*  
*Tutor: Julie Wallis*

This is a group for those who have basic recorder and sight-reading skills. This year we will explore the treble recorder as well as the descant.

**Roots, Rock & Reggae**  
*Course code: 17011*  
*Location: Private Home*  
*Day/time: Wednesday 1.30pm-3.30pm Weekly*  
*Starts: 19 Apr  Ends: 7 Jun*  
*Tutor: Trevor Searle*

From the Juke Joints of the Delta to the stadiums of today, music has taken us on a journey from simple folk music to complex audio and visual extravaganzas. The music and musicians from the 50s and 60s, playing the small clubs of Liverpool, Chicago and New Orleans is still influencing the music of today. A wonderful era of Skiffle, Jazz, Blues, Gospel and Rock and Roll has created the soundtrack of our lives.

**Science**

**David Attenborough in Review**  
*Course code: 17067*  
*Location: Beaumaris Senior Centre*  
*Day/time: Wednesday 12pm Weekly*  
*Starts: 8 Feb  Ends: 29 Nov*  
*Tutor: Sandra Groves*

This class will review David Attenborough’s series of science and nature programs and discuss the pros and cons of each session.

**Gardening - 2nd and 4th Wednesdays**  
*Course code: 17072*  
*Location: Brighton Senior Centre*  
*Day/time: Wednesday 10am-12pm Fortnightly*  
*Starts: 8 Feb  Ends: 29 Nov*  
*Tutor: Diana Patton*

This is a friendly group for people interested in all aspects of gardening. Members bring cuttings and items of interest for discussion. Join the class and enjoy the physical and mental benefits of gardening, no matter how big or small your garden may be. We share cuttings, plants and ideas for an easy care garden. DVDs, guest speakers and coach trips to gardens and places of interest are also included in this program.

**Genetics - Understanding the Basis of Life**  
*Course code: 17068*  
*Location: Old Brighton Courthouse*  
*Day/time: Tuesday 2pm-4pm Weekly*  
*Starts: 9 May  Ends: 20 Jun*  
*Tutor: Jan Brasch*

Participants will develop a basic understanding of genetics and of the impact it has had and continues to have on all life sciences. There is an emphasis on human genetics and the way genetics is changing the management of health and disease. As an introduction we will follow historical development of genetics into the relatively new science and technology it is today. Then we will look at how genetics is advancing our understanding of health and disease. The class includes power point presentations and electronic handouts which cover the most important material from each session.

**An introduction to human histology**  
*Course code: 17069*  
*Location: Old Brighton Courthouse*  
*Day/time: Wednesday 10am-12pm Weekly*  
*Starts: 10 May  Ends: 14 Jun*  
*Tutor: Geoffrey Rolls*

Histology is the study of the microscopic structure of cells, tissues and organ systems and the relationship between these structures and function. In this short course we will explore the laboratory methods used to prepare tissues for microscopic examination and employed to demonstrate the various structural elements within them. The fundamental classification and microscopic appearance of different types of cells and tissues will be outlined as will the makeup of several important organs. For example we might look at the gut, liver and kidney. Some of the changes which occur when disease is present (histopathology) will be briefly mentioned. Microscopic images will be used extensively throughout this course.

**COMPLETED COURSES**  
These courses have ended. They may be repeated in 2018.

**Australian Art**  
*Henry Lawson meets the 21st Century*  
*Eastern Mahjong for Beginners*  
*Japan and its people - a cultural odyssey*  
*Poetry Writing workshop*