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.

Still Life
Course code: 17118
Location: Old Brighton Courthouse
Day/time: Thursday 2pm-4pm Weekly
Starts: 20 Jul   Ends: 21 Sep
Tutor: Anne Hattam

Still life drawing and painting classes.

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 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

Armchair 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.
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 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.

Computers and Technology

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.
Getting started with your iPad or tablet - Beaumaris
Course code: 17077
Location: Beaumaris Senior Centre
Day/time: Thursday 1pm Weekly
Starts: 26 Oct  Ends: 7 Dec
Tutor: Bronwen Perry

iPads and tablets are great fun and have a myriad of uses. The course will cover some basics such as managing settings, organising/transfering 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).

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

Course code: 17108
Location: Beaumaris Senior Centre
Day/time: Thursday 1pm Weekly
Starts: 20 Jul  Ends: 4 Aug
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

iPadmini 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

Course code: 17034
Location: Old Brighton Courthouse
Day/time: Tuesday 10am-12pm Weekly
Starts: 10 Oct  Ends: 14 Nov
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/transfering pictures and documents as well as looking at interesting 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, tablet or smartphone charged up. WIFI is available.

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 your 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-minded 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 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 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.

**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 Bleazby 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 matches, whether at a purely social level, club competition level or even pennant. All equipment will be supplied. Cost $10 per term.

**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.

**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.

**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-judgmental 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 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.

**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 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 Happy Spine, Healthy Happy 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". Tia 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.

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.

Chess
Course code: 17023
Location: Old Brighton Courthouse
Day/time: Friday 2pm-4pm Weekly
Starts: 10 Feb   Ends: 1 Dec
Tutor: Suzanne Frankham

The Chess Club is open to all people from beginners to advanced players. It is composed of a group of people who enjoy the game and like to have fun. Sometimes the class starts with a short lesson and chess puzzles before the games. None of it too serious.

Intermediate Bridge
Course code: 17101
Location: Brighton Senior Centre
Day/time: Thursday 10am-12pm Weekly
Starts: 9 Feb   Ends: 30 Nov
Tutor: Sam Arber

Do you know the basics of Bridge and you're no longer a beginner? Or perhaps you used to play and would like to start up again? Then this course could be just the thing for you.

Mahjong - Mondays
Course code: 17109
Location: Old Brighton Courthouse
Day/time: Monday 2pm Weekly
Starts: 27 Feb   Ends: 27 Nov
Tutor: Laurie Gwillim

A modern Western version of the old Chinese game of Mahjong. If you have a Mahjong set bring it along. Beginners welcome.

Mahjong - Tuesdays
Course code: 17076
Location: Beaumaris Senior Centre
Day/time: Tuesday 2pm-4pm Weekly
Starts: 7 Feb   Ends: 5 Dec
Tutor: Joan Neyland, Robyn Barnes

A modern Western version of the old Chinese game of Mahjong. If you have a Mahjong set bring it along. We will use 'The Mahjong Player's Companion' (Thompson & Maloney) book. Beginners welcome

Mahjong - Wednesdays
Course code: 17033
Location: Beaumaris Senior Centre
Day/time: Wednesday 9.45am Weekly
Starts: 8 Feb   Ends: 29 Nov
Tutor: Laurie Gwillim, Val Squires

A modern Western version of the old Chinese game of Mahjong. If you have a Mahjong set bring it along. Beginners welcome.

Scrabble
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
excercise your memory. Beginners, intermediate and advanced players welcomed.

**Scrabble - Brighton**  
*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 excercise your memory. Beginners, intermediate and advanced players welcomed.

**Supervised Bridge**  
*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, goverment & culture**  
*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.

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

**Languages**

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

**Italian – Basic**

**Course code:** 17097  
**Location:** Beaumaris Senior Centre  
**Day/time:** Friday 12.30pm 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 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.

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.
**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: Brighton Courthouse*

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

*Starts: 26 Apr  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 faction, 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 2pm-4pm Weekly*

*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 play 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.

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.
Prerequisites: Members will need to pay for coach hire and any admission fees on outings.

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.

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

Australian Art
Basic Modern Greek
Henry Lawson meets the 21st Century
Eastern Mahjong for Beginners
Japan and its people - a cultural odyssey
Poetry Writing workshop
Portrait Painting
Mentoring your memoir
The Bounty Trilogy
An Introduction to Human Histology
Genetics
Life Drawing