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

Creative Collective
Course code: 18020
Location: Brighton Courthouse
Day/time: Thursday 1pm Weekly
Starts: 8 Feb   Ends: 6 Dec
Tutor: Anne Hattam

Study of Visual Arts both theoretical and practical, in a range of media. Participants will need to provide their own materials.

Introduction to acrylic painting
Course code: 18102
Location: Beaumaris Senior Centre
Day/time: Thursday 10am-12pm Weekly
Starts: 8 Feb   Ends: 28 Jun
Tutor: Di Hone

This is a course that is particularly designed for inexperienced budding artists. It is a hands on course, with lots of practice with drawing and painting. Old clothes should be worn. Students will have time to complete at least one work to take home and should have enough information to continue painting at home. Basic instruction will be given in drawing, composition, sources of light and perspective. The course will cover the basics of painting with acrylics, the use of colour, how to mix and store the paint, how to apply it, glaze painting. The emphasis will not be on realism but on creating colourful naive style images. Cost of materials may come to $50 if the participant doesn’t already have paints, brushes etc. A list of required materials will be provided prior to the course.

Painting for pleasure
Course code: 18061
Location: Brighton Courthouse
Day/time: Tuesday 10.30am Weekly
Starts: 6 Feb   Ends: 18 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. Students will provide their own materials. Protection for clothing (apron) is advisable.

Sculpture Workshop
Course code: 18011
Location: Brighton Senior Centre
Day/time: Friday 10am-12pm Weekly
Starts: 8 Feb   Ends: 7 Dec
Tutor: Bill Connett

Interested sculptors from beginners to experienced to meet together for mutual encouragement and learning. All media including clay, plaster, stone, wood etc. A core group of enthusiasts will welcome anyone to give sculpting a try. A series of projects will be suggested for those who are new to sculpting. Alternatively do your thing and be willing to share your knowledge. A place where experienced and beginning sculptors can meet for help and encouragement. People can try some sculpting media under guidance. Experienced sculptors can share their enthusiasm and expertise. Good location situated in pleasant surroundings. Some materials will need to be provided.

Seed Beading Group
Course code: 18070
Location: Black Rock Civic Hall
Day/time: Thursday 12pm Weekly
Starts: 8 Feb   Ends: 29 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: 18068
Location: Beaumaris Senior Centre
Day/time: Wednesday 9.45am Weekly
Starts: 7 Feb   Ends: 28 Nov
Tutor: Kay Davis

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

**Armchair Travel - 4th Friday**
Course code: 18082  
Location: Beaumaris Senior Centre  
Day/time: Friday 10am-12pm Monthly  
Starts: 23 Feb  Ends: 23 Nov  
Tutor: Russell Kemp

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: 18029  
Location: Brighton Courthouse  
Day/time: Monday 2pm-3pm Weekly  
Starts: 5 Feb  Ends: 26 Mar  
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: 18031  
Location: Brighton Courthouse  
Day/time: Monday 10am-12pm Weekly  
Starts: 12 Feb  Ends: 25 Jun  
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 numerical 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 strengths 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: 18053  
Location: Beaumaris Senior Centre  
Day/time: Monday 2pm-4pm Weekly  
Starts: 5 Feb  Ends: 26 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 & Third Tuesday**
Course code: 18086  
Location: Other  
Day/time: Tuesday 6pm Fortnightly  
Starts: 6 Feb  Ends: 18 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: 18084  
Location: Brighton Library  
Day/time: Thursday 1.30pm-3.30pm Weekly  
Starts: 8 Feb  Ends: 6 Dec  
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: 18083  
Location: Beaumaris Senior Centre  
Day/time: Wednesday 1.30pm Weekly  
Starts: 7 Feb  Ends: 28 Nov  
Tutor: Harry Hakman, Geoff Eicke

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,

**I Ching - Introduction to the practice of Mindful Divination**
Course code: 18106  
Location: Brighton Courthouse  
Day/time: Tuesday 4.30pm-6.30pm Weekly  
Starts: 6 Feb  Ends: 27 Mar  
Tutor: Janette Nugent

Beginners level instruction. Emphasis on practical application of the I Ching process in a workshop setting with group discussion. As homework you will keep an I Ching Journal, recording your personal consultations each day, to share in group discussions the next week. Workshops will include coaching in short mindfulness exercises, and the explanation of I Ching terms and concepts drawing on psychology of the self, and the philosophy of Taoism and spiritual alchemy. What you will gain from this course: greater self awareness; understanding of the Eastern (Taoist) view of the universe through the I Ching; improved access to your own intuitive wisdom and establishment of a mindful divination practice. Please bring pens, a journal or exercise book and 3 identical coins (5c is ideal). If you have an I Ching book already bring to first class. You
will need an I Ching book of your own (Cost approx $30) from the second class onward but can get by with FREE online digital throwing of hexagrams if purchasing is a problem (just need internet at home). NB: Several I Ching books will be provided at the first class to help guide you in choosing the sort that suits you before purchasing your own.

Introduction to Astrology
Course code: 18030
Location: Brighton Courthouse
Day/time: Monday 12pm Weekly
Starts: 12 Feb  Ends: 16 Apr
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: 18045
Location: Beaumaris Senior Centre
Day/time: Thursday 2pm-4pm Weekly
Starts: 19 Jul  Ends: 23 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.

Japan and its people - a cultural odyssey
Course code: 18049
Location: Brighton Courthouse
Day/time: Tuesday 2pm-4pm Weekly
Starts: 13 Feb  Ends: 20 Mar
Tutor: Alina Skoutarides

Cultural history of Japan

Law Matters
Course code: 18074
Location: Beaumaris Senior Centre
Day/time: Thursday 10.15am Weekly
Starts: 8 Feb  Ends: 22 Mar
Tutor: Jan Storey

The course will focus on Victoria's justice system, particularly the criminal justice system. We will consider how justice has a different meaning for different participants and possible explanations of crime.

Mens’ cave
Course code: 18017
Location: Other
Day/time: Wednesday 1pm Weekly
Starts: 7 Feb  Ends: 5 Dec
Alternate time: Also Saturday mornings 9-12

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. 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. There is a $3 per person per session attendance fee to cover tea, coffee, and other consumables. Participants are also required to comply with Brighton Bayside Men's Shed Membership Policy as well as General and Housekeeping Rules.

Prerequisites: http://www.workingwithchildren.vic.gov.au
Participants are also req

Numerology - Discovering your life purpose
Course code: 18058
Location: Brighton Courthouse
Day/time: Wednesday 1pm Weekly
Starts: 18 Jul  Ends: 22 Aug
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.
Philosophy concepts and ideas
Course code: 18122
Location: Brighton Seniors Centre
Day/time: Tuesday 2pm-4pm Weekly
Starts: 13 Feb  Ends: 11 Dec
Tutor: Malcolm Drysdale
A guided walk through some of the main branches of philosophical thought. Material for each week will be available either online or on paper. Through group discussion we will absorb ideas read during the week and discuss their relevance to ourselves, to the community and the world. Newcomers to philosophy welcome.

Questions may include: What is a valid argument? What is truth? What is real, Free Will, existence of the unseen, time, right and wrong, beauty and judgement of art.

Useful text VCE Philosophy (2nd edition) Units 1 and 2. If you have it, bring it. If not, don't buy it.

Wine appreciation - 2nd Thursday
Course code: 18048
Location: Beaumaris Senior Centre
Day/time: Thursday 7.30pm Monthly
Starts: 8 Feb  Ends: 13 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: 18047
Location: Brighton Courthouse
Day/time: Thursday 7.30pm Monthly
Starts: 22 Feb  Ends: 13 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.

Improving your PC skills
Course code: 18059
Location: Brighton Courthouse
Day/time: Wednesday 10am-12pm Weekly
Starts: 30 May  Ends: 27 Jun
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).

Computer appreciation
Course code: 18003
Location: Brighton Courthouse
Day/time: Monday 10am-12pm Weekly
Starts: 12 Feb  Ends: 3 Dec
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. This course will also be useful for people with Apple and Android tablets. Please bring a notebook and pen and your own laptop, if you have one.

Getting started with your iPad or tablet - Beaumaris
Course code: 18018
Location: Beaumaris Senior Centre
Day/time: Thursday 2pm-4pm Weekly
Starts: 8 Feb  Ends: 15 Mar
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/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.

Basic digital photography for travel and pleasure
Course code: 18024
Location: Beaumaris Senior Centre
Day/time: Tuesday 2pm-4pm Weekly
Starts: 30 Oct  Ends: 4 Dec
Tutor: Bronwen Perry
Learn how to get more out of your compact digital camera! This is an entry-level course aimed at novice users / photographers who are keen to learn more about and better understand the workings of their compact digital «point and shoot» camera. Join us to explore some of the basic functions and settings of your camera and how to take better, more pleasing photographs. Not for users of higher-end digital SLR cameras.

Computers and Technology
Intermediate iPad and tablet - Brighton
Course code: 18009
Location: Brighton Courthouse
Day/time: Thursday 1pm Weekly
Starts: 24 Jul  Ends: 28 Aug
Tutor: Sue Steele

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 for Beginners OR equivalent learning

Intermediate iPad: Beyond the basics
Course code: 18019
Location: Beaumaris Senior Centre
Day/time: Thursday 2pm-4pm Weekly
Starts: 22 Mar  Ends: 10 May
Tutor: Bronwen Perry

Course code: 18021
Location: Beaumaris Senior Centre
Day/time: Thursday 2pm-4pm Weekly
Starts: 25 Oct  Ends: 6 Dec
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 / beginners program for iPad OR equivalent learning such as Apple Store classes OR significant personal use over an extended period of time.

iPad : Advanced skills and projects
Course code: 18022
Location: Beaumaris Senior Centre
Day/time: Thursday 2pm-4pm Weekly
Starts: 30 May  Ends: 27 Jun
Tutor: Bronwen Perry

This advanced-level program is intended for confident and experienced users of the iPad who want to learn more and take their skills to the next level and/or to work on a specific personal project. The program will include: more about Photos, including further investigation of editing, album and slideshow functions; setting and organising bookmarks, favourites and reading lists in Safari; making the most of cloud services such as iCloud, DropBox and Google Drive; managing your mail, your books using iBooks and your music; time to work on individual or personal projects such as setting up a blog/site, managing a Facebook user group, cataloguing/organising a music library OR any other project you dare to devise

Prerequisites: Participants should have completed the intermediate-level program for iPad OR equivalent learning such as Apple Store classes OR significant personal use over an extended period of time.

iPad, tablet & smartphone advice - 3rd Friday
Course code: 18010
Location: Beaumaris Senior Centre
Day/time: Friday 10.15am Monthly
Starts: 16 Feb  Ends: 16 Nov
Tutor: Sue Steele

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, third Friday.

iPads and tablets for beginners - Brighton
Course code: 18008
Location: Brighton Courthouse
Day/time: Tuesday 1pm Weekly
Starts: 19 Feb  Ends: 26 Mar
Tutor: Sue Steele

Course code: 18013
Location: Brighton Courthouse
Day/time: Tuesday 10am-12pm Weekly
Starts: 8 Oct  Ends: 19 Nov
Tutor: Sue Steele

Course code: 18025
Location: Brighton Courthouse
Day/time: Thursday 10am-12pm Weekly
Starts: 25 Jul  Ends: 23 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 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.
Exercise your Body and Mind

Balance and bones - Brighton
Course code: 18007
Location: Brighton Courthouse
Day/time: Tuesday 9am Weekly
Starts: 6 Feb Ends: 4 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: 18043
Location: Beaumaris Senior Centre
Day/time: Friday 9am Weekly
Starts: 9 Feb Ends: 14 Dec
Tutor: Helene Redding

This class is designed to increase bone strength, maintain strong muscles, flexibility and balance. We do upper and lower body exercises with small weights, a balance component, stretching and a relaxation and mindfulness component. The program is designed to improve strength of muscles and bones and to help prevent falls.

Balance and Bones - Tuesday
Course code: 18044
Location: Beaumaris Senior Centre
Day/time: Tuesday 9am Weekly
Starts: 6 Feb Ends: 11 Dec
Tutor: Helene Redding

This class is designed to increase bone strength, maintain strong muscles, flexibility and balance. We do upper and lower body exercises with small weights, a balance component, stretching and a relaxation and mindfulness component. The program is designed to improve strength of muscles and bones and to help prevent falls.

CARELIV Techniques - Calming, Relaxing, Living
Course code: 18077
Location: Brighton Courthouse
Day/time: Wednesday 2pm-4pm Weekly
Starts: 7 Feb Ends: 28 Mar
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 and class involvement will be encouraged. Although 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 implement the techniques. This is not simply a weekly soft 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. Students should bring a yoga mat, and bolsters/pillow to help them seat upright on the ground or on chairs. A notebook or a diary etc is required. A meditation bench or cushion can also help.

Prerequisites: No prior knowledge is required but students MUST be prepared to implement and practice the techniques throughout the course. This is a participatory and active course, with successive sessions building on earlier sessions.

Carpet bowls
Course code: 18089
Location: Highett Neighbourhood House
Day/time: Monday 1pm Weekly
Starts: 15 Jan Ends: 10 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: 18001
Location: Brighton Courthouse
Day/time: Thursday 9.30am Weekly
Starts: 8 Feb Ends: 29 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: 18113
Location: Brighton Courthouse
Day/time: Friday 12.45pm Weekly
Starts: 9 Feb Ends: 30 Nov
Tutor: Meaghan Botterill

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: 18123
Location: Hampton Yoga Centre
Day/time: Friday 10am Weekly
Starts: 9 Feb Ends: 30 Nov
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.

Traditional Hatha Yoga
Course code: 18080
Location: Beaumaris Community Centre
Day/time: Tuesday 11.30am Weekly
Starts: 6 Feb Ends: 11 Dec
Tutor: Judith Vennell

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.

Hatha Yoga
Course code: 18121
Location: Beaumaris Community Centre
Day/time: Tuesday 10am – 11am Weekly
Starts: 6 Feb Ends: 11 Dec
Tutor: Maite Rivela

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: 18069
Location: Beaumaris Community Centre
Day/time: Tuesday 1pm Weekly
Starts: 6 Feb Ends: 27 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.

Introduction to Association Croquet
Course code: 18087
Location: Brighton Croquet Club
Day/time: Thursday 4.30pm - 6pm Weekly
Starts: 8 Feb Ends: 8 Mar
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 several in house competitions. Come and try it. www.brightoncroquetclub.com.au
**Ladies cycling : Getting you back on your bike, to cycle safely and with more confidence**

**Course code:** 18114  
**Location:** In a closed safe car park behind the BP service station on Marine Parade, Elwood, opposite Dickens St  
**Day/time:** Tuesday 10am Till 11.30am. Weekly  
**Starts:** 20 Mar  
**Ends:** 10 Apr

Over 4 sessions, you will learn or refresh the important skills involved with safe cycling. These sessions will include braking, cycling a straight line, around cones, looking over your shoulder, gear selection, cornering and more. The sessions will also include some mechanical skills, eg changing a tube, taking off the front wheel to easily transport your bike, putting your chain back on. Each session will involve a component of refreshing / learning a skill in a safe set aside area, then a cycle on the adjacent bike path. Maximum number per session will be 10 ladies. Participants should supply their own bike, helmet and gloves. We are able to loan a few bikes if necessary. You will feel much more confident to cycle on bike paths and hopefully will do so!

**Prerequisites:** Ladies would need to have at some time in their life ridden a bike. Doesn’t matter how long ago, even 40 years ago!

**Lawn Bowls - absolute beginners**

**Course code:** 18094  
**Location:** Hampton Bowls Club  
**Day/time:** Wednesday 10am-12pm Weekly  
**Starts:** 31 Jan  
**Ends:** 12 Dec  
**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:** 18093  
**Location:** Hampton Bowls Club  
**Day/time:** Wednesday 10am-12pm Weekly  
**Starts:** 31 Jan  
**Ends:** 12 Dec  
**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.

**Long-distance walking in France**

**Course code:** 18023  
**Location:** Beaumaris Senior Centre  
**Day/time:** Tuesday 2pm-4pm Weekly  
**Starts:** 6 Feb  
**Ends:** 24 Apr  
**Tutor:** Bronwen Perry

The RL Stevenson Trail [GR70] and the Chemin de Saint-Jacques du-Puy [GR65] This course is the practical extension of the 10-week program presented in 2016. It will incorporate many of the practical aspects of planning and preparing for the challenge of walking one or more of the very charming and rustic long-distance trails in rural France: the RL Stevenson Trail [GR70] and/or the Chemin de Saint-Jacques du-Puy [GR65]. Through guided activities and collaborative learning tasks and by utilising a range of resources [guidebooks, websites and apps], participants will be actively involved in: - planning daily stages to be walked [kilometres, elevation profile, trail conditions/surface] - assessing the degree of difficulty of individual stages [trail topography] - negotiating rest days as appropriate - identifying suitable accommodation options [type, cost, location/situation] - researching cultural highlights and historical places of interest - physical preparation and training - determining required gear and equipment [what and how to pack] - learning about the day to day practicalities and what to expect along the path - budgeting. Class members will be offered the opportunity [at own expense] to walk sections of one or both of these delightful, UNESCO-listed walking trails over three or more weeks in the northern hemisphere autumn. Expect to do some homework! The program will include guest speakers and a «Pilgrim Panel». 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. Participants should bring to each session: notebook and pencil or pen, iPad or Android tablet, any resource materials or guidebooks that they have already acquired, plastic sleeve or ziplock bag for handout materials

**Prerequisites:** Enthusiasm! Familiarity with iPad

**Mindfulness -based Stillness Meditation**

**Course code:** 18088  
**Location:** Black Rock Civic Hall  
**Day/time:** Wednesday 1.30pm Weekly  
**Starts:** 14 Feb  
**Ends:** 21 Mar  
**Tutor:** Louise Williams

There are many ways to learn and practice meditation. In this course Louise will introduce you to Mindfulness-Based Stillness Meditation (MBSM). This is a secular and culture-free meditation method, suitable for adults regardless of age or physical ability. The course is presented in a simple and practical 6-week step-by-step guide to beginning your own meditation practice. This course is based on the meditation method presented at the Gawler Foundation, Yarra Valley, Victoria. Recommended pre-reading is "Peace of Mind: How you can learn to meditate and use the power of your mind" by Ian Gawler. NB: Because the classes build on each other, it is important to commit to and attend each of the 6 sessions.

**Prerequisites:** Participants will sit on a chair or bring a meditation cushion or stool - there is no preferred posture. Being as comfortable as possible is essential, as is a willingness to sit quietly and still for up to 20 minute intervals.
Mindfulness Meditation  
Course code: 18076  
Location: Brighton Courthouse  
Day/time: Friday 2pm-4pm Weekly  
Starts: 8 Feb  Ends: 30 Mar  
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.

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: 18038  
Location: Brighton Courthouse  
Day/time: Tuesday 1.30pm-3.30pm Fortnightly  
Starts: 12 Jun  Ends: 10 Jul  
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.

Prerequisites: It is essential that participants commit to attend all three sessions. June 12 and 26 and July 10.

Moving to Music  
Course code: 18054  
Location: Beaumaris Community Centre  
Day/time: Tuesday 2.30pm Weekly  
Starts: 6 Feb  Ends: 27 Nov  
Tutor: William Puls, Gillian Davidson

Informal and improvised movement, including a few very simple dance steps, accompanied by rhythmic music from CDs, or from the internet with visuals. Individual, not partnered movement. Both men and women welcome. Lively, informal and relaxed - no expectations of skill in co-ordination or great fitness - everyone moves to their own pace and inclination. Dress is casual, or as for an exercise class.

Slow Walkers  
Course code: 18095  
Location: Other  
Day/time: Wednesday 9.30am Weekly  
Starts: 7 Feb  Ends: 28 Nov  
Tutor: Del Lane

Weekly walks at a medium pace for people who can no longer step it out at a faster trot. They will consist of 15 to 20 mins walk at a medium pace with a stop for coffee and return walk of 15 to 20 mins usually by the same route. Some of these walks will be along gravel or dirt paths, as encountered along the walking track by the beach, so sensible shoes are required.

Soul Yoga - Therapeutic Yoga, Relaxation, Meditation, Oneness Soul Healing  
Course code: 18108  
Location: Brighton Courthouse  
Day/time: Friday 10.30am Weekly  
Starts: 2 Feb  Ends: 14 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!)? - ?Yoga 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: 18107
Location: Beaumaris Senior Centre
Day/time: Tuesday 10.30am Weekly
Starts: 6 Feb Ends: 11 Dec
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: 18090
Location: Highett Neighbourhood House
Day/time: Wednesday 9am Weekly
Starts: 7 Feb Ends: 12 Dec
Alternate time: Also Friday mornings

We meet in the morning on Wednesdays (all standards) and Fridays (advanced) for friendly games of Table Tennis. Participants are welcome to attend one or both sessions. There are three/four tables on Wednesday and two on Friday. All standards catered for, Warm welcome guaranteed. Note there is $2 equipment charge including morning tea. Students are expected to have some prior / minimal knowledge of playing table tennis, and be preapred to join in fully with players of Highett Seniors Club which hosts the sessions. This may mean helping set-up and take-down of tables. The address is Highett Neighbourhood House at 2 Livingston St Highett.

Tai Chi
Course code: 18037
Location: Brighton Courthouse
Day/time: Monday 3pm Weekly
Starts: 12 Feb Ends: 26 Nov
Tutor: Norman Chong

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: 18073
Location: Other
Day/time: Monday 9.30am Weekly.
Note: 9am start November to Match
Starts: 19 Feb Ends: 3 Dec
Tutor: Margaret Gobolyos

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, sunscreen essential, particularly in the summer period.

Games

500 card group
Course code: 18072
Location: Black Rock House
Day/time: Monday 2pm-4pm Weekly
Starts: 5 Feb Ends: 10 Dec
Tutor: Peggy White

Come along and play a friendly game of 500.
Backgammon
Course code: 18075
Location: Beaumaris Senior Centre
Day/time: Friday 2pm-4pm Weekly
Starts: 8 Feb  Ends: 30 Nov
Tutor: Kosta Argeres

Backgammon is one of the oldest board games known. It is a two player game where playing pieces are moved according to the roll of dice, and a player wins by removing all of their pieces from the board before their opponent. Played in a friendly environment, beginners welcome.

Billiards / Snooker
Course code: 18097
Location: Brighton Courthouse
Day/time: Thursday 10.30am Weekly
Starts: 8 Feb  Ends: 26 Mar
Tutor: Lesley Bawden

Mahjong has been played since time immemorial, all over the East with differing villages having slightly different "rules" and nuances of language. Instruction books translated from Japan, Korea, China, Singapore and Hong Kong have slightly differing rules. This course is to be a generic introduction to the world of 'twittering the tiles', 'building the wall' and playing with strategy so that participants will gain the basics of the game and be able to go on to develop further skills. No prior experience necessary - in fact it may be a hindrance to unlearn. Class is small and instruction as personal as possible. Mahjong tiles supplied.

Intermediate Bridge
Course code: 18041
Location: Brighton Courthouse
Day/time: Thursday 10.30am Weekly
Starts: 8 Feb  Ends: 26 Mar
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: 18055
Location: Brighton Courthouse
Day/time: Monday 2pm-4pm Weekly
Starts: 12 Feb  Ends: 26 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: 18066
Location: Beaumaris Senior Centre
Day/time: Tuesday 2pm-4pm Weekly
Starts: 6 Feb  Ends: 4 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.

Prerequisites: Players need to have some knowledge of Mahjong as this is not a beginners course. It is essential that participants own the text 'The Mahjong Player's Companion'. Players must be willing to mix around within the group and stay for the entire session.
Mahjong - Wednesdays
Course code: 18052
Location: Beaumaris Senior Centre
Day/time: Wednesday 9.45am Weekly
Starts: 7 Feb Ends: 28 Nov
Tutor: Val Squires, Laurie Gwillim
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: 18057
Location: Beaumaris Senior Centre
Day/time: Wednesday 1.30pm-3.30pm Weekly
Starts: 7 Feb Ends: 28 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
Course code: 18014
Location: Brighton Courthouse
Day/time: Tuesday 1.30pm-3.30pm Weekly
Starts: 12 Feb Ends: 4 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.

Snooker for Sheilas or Billiards for Broads
Course code: 18036
Location: Highett Neighbourhood House
Day/time: Thursday 10am Weekly
Starts: 8 Feb Ends: 13 Dec
Tutor: Geraldine Colson
Have you ever wanted to play Billiards or Snooker but felt it was a male domain? Not any more. This session is for the ladies. Games are played in a relaxed, friendly atmosphere with the participants having fun in a convivial, social setting. No prior experience necessary, we are all learners and we help each other get to know the rules and hone our skills. All equipment is provided. Note there is $2 equipment charge, including morning tea. The address is Highett Neighbourhood House at 2 Livingston St Highett, 10am to 12 Noon.

Social Bridge
Course code: 18096
Location: Brighton Courthouse
Day/time: Monday 10am-12pm Weekly
Starts: 5 Feb Ends: 3 Dec
Tutor: Barbara Pearce
The Social bridge Group is for people who have some bridge playing experience. The aim is to enjoy playing bridge in a convivial, pleasant and friendly non-confrontational atmosphere with no prolonged discussions about played hands!

History

Australasian History Part 2
Course code: 18034
Location: Beaumaris Senior Centre
Day/time: Friday 10.15am Weekly
Starts: 9 Feb Ends: 30 Nov
Tutor: David Hone
Continues the story of our history. How we went from a Convict Society to a Democracy and the foundation of Melbourne and the development of our city.

Australian history
Course code: 18078
Location: Black Rock House
Day/time: Thursday 12pm-2pm Weekly
Starts: 8 Feb Ends: 29 Nov
Tutor: Sue Bell
A romp through Australian History, looking at the good and the bad sides of our history. The main theme of the course is the question, who we as a nation choose to celebrate and why we chose them. What are our myths and why do we believe them. All history is based on earlier histories and world histories as a consequence we also look at Irish/English history and how they have impacted on our country and its people. The last term of the course looks at Australian Art and film. As it is a history class, may I say all donations of Anzac biscuits and pavlovas gratefully accepted.

Genealogy - First Friday
Course code: 18081
Location: Beaumaris Senior Centre
Day/time: Friday 10am-12pm Monthly
Starts: 2 Feb Ends: 7 Dec
Tutor: Robin Douglas
This is a self-help and supportive group for those interested in Genealogy.

History through documentaries
Course code: 18033
Location: Beaumaris Senior Centre
Day/time: Friday 2pm-4pm 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.

The Life & Work of Robert Law
Course code: 18046
Location: Brighton Courthouse
Day/time: Tuesday 10am-12pm Weekly
Starts: 21 Aug Ends: 28 Aug
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.

Seven Antique Maps and their windows into history

Course code: 18056
Location: Beaumaris Senior Centre
Day/time: Wednesday 10am Weekly
Starts: 14 Feb Ends: 14 Mar
Tutor: Tony Georgeson

Five sessions covering seven antique maps, discussion their origin and the economic, political and social times in which they were published.

Languages

Basic Modern Greek

Course code: 18028
Location: Beaumaris Senior Centre
Day/time: Tuesday 1.30pm Weekly
Starts: 13 Feb Ends: 4 Dec
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: 18042
Location: Beaumaris Senior Centre
Day/time: Thursday 2pm-4pm Weekly
Starts: 15 Feb Ends: 6 Dec
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.

Prerequisites: This is the second year this course is offered. Many aspects of grammar and spelling have already been discussed. Some knowledge of Dutch grammar and spelling would therefore be desirable.

Everyday French & culture

Course code: 18004
Location: Beaumaris Senior Centre
Day/time: Tuesday 10.15am Weekly
Starts: 6 Feb Ends: 11 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: 18005
Location: Beaumaris Senior Centre
Day/time: Tuesday 12.15pm Weekly
Starts: 6 Feb Ends: 11 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: 18085
Location: Beaumaris Senior Centre
Day/time: Thursday 10am-12pm Weekly
Starts: 6 Feb Ends: 6 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 conversations - Brighton
Course code: 18117
Location: Brighton Courthouse
Day/time: Wednesday 11.30am Weekly
Starts: 21 Feb   Ends: 28 Nov
Tutor: Sonia Grinberg

Weekly conversations in French for fluent speakers.

French - Intermediate
Course code: 18064
Location: Brighton Courthouse
Day/time: Thursday 1pm Weekly
Starts: 8 Feb   Ends: 6 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 - Intermediate Beaumaris
Course code: 18111
Location: Beaumaris Senior Centre
Day/time: Monday 11.30am Weekly
Starts: 12 Feb   Ends: 3 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 - post beginners Beaumaris
Course code: 18109
Location: Beaumaris Senior Centre
Day/time: Monday 11.30am Weekly
Starts: 12 Feb   Ends: 26 Nov

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: 18110
Location: Brighton Courthouse
Day/time: Tuesday 11am Weekly
Starts: 6 Feb   Ends: 27 Nov
Tutor: Patricia Devine

Classes for people with some knowledge of French.

French - post-beginners Sandringham
Course code: 18112
Location: Sandringham Senior Centre
Day/time: Monday 1pm Weekly
Starts: 12 Feb   Ends: 26 Nov
Tutor: Elisabeth Brochard

This is a course for people who have some French, such as 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

French Verb Workshop
Course code: 18118
Location: Beaumaris Senior Centre
Day/time: Monday 10am Weekly
Starts: 12 Feb   Ends: 26 Mar
Tutor: Jennie Butler

Explanation and oral practice of verbs in French. The aim is to improve oral fluency by not having to stop and consider the appropriate verb form.

Prerequisites: This course is open to people enrolled in one of our other French groups.

Italian - Basic
Course code: 18040
Location: Beaumaris Senior Centre
Day/time: Friday 12.15pm Weekly
Starts: 9 Feb   Ends: 14 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. Basic conversation will be practised. It is not meant for real beginners. more for people who have a small amount of Italian already.

Italian - Intermediate Brighton
Course code: 18071
Location: Brighton Courthouse
Day/time: Thursday 10.45am Weekly
Starts: 8 Feb   Ends: 29 Nov
Tutor: Domenica Tarquinio

Intermediate Italian, conversation and reading comprehension, for students who have done some Italian, and are familiar with basic Italian grammar.

Italian - post beginners
Course code: 18039
Location: Beaumaris Senior Centre
Day/time: Friday 10am-12pm Weekly
Starts: 9 Feb   Ends: 14 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.

Japanese for beginners
Course code: 18116
Location: Hampton Seniors Centre
Day/time: Tuesday 1.30pm Weekly
Starts: 6 Feb Ends: 26 Nov
Tutor: Emiko Yamamura

This is a course for beginners. The emphasis will be on learning some basic conversation, vocabulary, and grammar. No prior knowledge of Japanese is required. The idea is to have fun and learn at the same time.

Russian for beginners
Course code: 18002
Location: Brighton Courthouse
Day/time: Friday 10.30am Weekly
Starts: 9 Feb Ends: 7 Dec
Tutor: Vladimir Metter

The basics and essentials for communicating in Russian. The course will teach the alphabet, pronunciation, common words and phrases.

Spanish continuous
Course code: 18086
Location: Beaumaris Senior Centre
Day/time: Tuesday 10am-12pm Weekly
Starts: 6 Feb Ends: 4 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 beginners
Course code: 18115
Location: Black Rock Civic Hall
Day/time: Tuesday 1pm Weekly
Starts: 6 Feb Ends: 26 Nov
Tutor: Cielo Quintero

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. The idea is to have fun and learn at the same time.

Spanish post-beginners
Course code: 18016
Location: Brighton Courthouse
Day/time: Tuesday 2pm-4pm Weekly
Starts: 6 Feb Ends: 4 Dec
Tutor: Nora Hunt

This is a course in Spanish grammar and pronunciation for 2nd year students. We will follow the Schaum’s Spanish Grammar text book. Students are expected to learn the vocabulary covered each week. We will consolidate the material covered in 2017. Opportunities will be provided to improve listening and speaking. Classes are conducted in English. Be prepared to learn and have fun at the same time.

Literature and Writing

Bayside Book Lovers - 2nd Friday Beaumaris
Course code: 18065
Location: Beaumaris Senior Centre
Day/time: Friday 10.15am Monthly
Starts: 9 Feb Ends: 9 Nov
Tutor: Marilyn Hubbard

This year we will read books from a selection made by the 2017 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: 18026
Location: Brighton Courthouse
Day/time: Friday 1pm Monthly
Starts: 16 Feb Ends: 16 Nov
Tutor: Sue Steele

This year we will read books from a selection made by the 2017 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: 18035
Location: Brighton Senior Centre
Day/time: Wednesday 12pm-2pm Weekly
Starts: 7 Feb Ends: 28 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: 18015
Location: Brighton Courthouse
Day/time: Wednesday 2pm-4pm Weekly
Starts: 2 May Ends: 16 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 drafting, 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: 18079
Location: Black Rock House
Day/time: Thursday 2pm-4pm Weekly
Starts: 8 Feb Ends: 29 Nov
Tutor: Sue Bell

This is a look at the major mythologies of the western world. We will look at how we read and understand mythology, particularly looking at a psychological understanding of mythology and the reasons the same myths are repeated all over the world. Legends are the myths that are based on human reactions to the world and the need for humankind to create the legends. The course covers Greek, Celtic, Norse, Babylonian myths and many others. This course includes the archaeological and historical evidence of how and why the myths exist. So many pieces of art and literature reference mythology and this course will help you understand the meanings and symbols in our lives.

Shakespeare reading & discussion
Course code: 18101
Location: Beaumaris Senior Centre
Day/time: Monday 2pm-4pm Weekly
Starts: 5 Feb Ends: 3 Dec
Tutor: Pamela Nicholls

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: 18012
Location: Black Rock House
Day/time: Monday 9.45am Monthly
Starts: 5 Feb Ends: 3 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: 18100
Location: Beaumaris Senior Centre
Day/time: Tuesday 4pm Fortnightly
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: 18050
Location: Beaumaris Senior Centre
Day/time: Thursday 2pm-4pm Fortnightly
Starts: 8 Feb Ends: 29 Nov
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. David has recently discovered that Youtube has an enormous amount of very interesting videos featuring films of legendary artists and orchestras. This material dates back to the 1920’s onwards and most of it is not available on DVD’s. David will be showing and discussing carefully selected items.

Jazz - from the beginning to the 60s
Course code: 18051
Location: Beaumaris Senior Centre
Day/time: Thursday 2pm-4pm Fortnightly
Starts: 15 Feb Ends: 22 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. David has recently discovered that Youtube has an enormous amount of very interesting videos featuring films of legendary artists and orchestras. This material dates back to the 1920’s onwards and most of it is not available on DVD’s. David will be showing and discussing carefully selected items.
An introduction to human histology
Course code: 18060
Location: Brighton Courthouse
Day/time: Wednesday 2pm-4pm Weekly
Starts: 9 May Ends: 13 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. An opportunity will be provided to use a microscope to examine specimens.

Gardening - fortnightly
Course code: 18092
Location: Brighton Senior Centre
Day/time: Tuesday 2pm-4pm Fortnightly
Starts: 6 Feb Ends: 28 Nov
Tutor: Jan Brasch

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 are a friendly group of gardeners. We meet to exchange information and plant cuttings. Sometimes we have a guest speaker. A few times a year we have a bus trip to various gardens in Victoria. We would welcome more gardeners.

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

Science

An introduction to human histology
Course code: 18060
Location: Brighton Courthouse
Day/time: Wednesday 2pm-4pm Weekly
Starts: 9 May Ends: 13 Jun
Tutor: Geoffrey Rolls

Historical development of genetics into modern genetics is not only a fascinating story, it has also had a profound impact on 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.

Physics
Course code: 18119
Location: Brighton Courthouse
Day/time: Monday 12pm Weekly
Starts: 12 Feb Ends: 4 Dec
Tutor: Robert Reynolds

Physics is the most basic of the sciences. It deals with the behaviour and structure of matter. Physics is usually divided into Classical Physics which includes motion, fluids, heat, sound, light, electricity and magnetism; and Modern Physics which includes the topics of relativity, atomic structure, quantum theory, condensed matter, nuclear physics, elementary particles, cosmology and astrophysics (Giancoli). This course will concentrate on classical physics: Mechanics, Oscillations & Waves, Thermodynamics, Electricity & Magnetism, Light and Optics; delving into modern physics if time permits. The subject is for those who wish to gain an understanding of how the universe around them works at the most basic and fundamental level.

Students will need a standard scientific calculator, pen, pencil and workbook.
Prerequisites: An inquiring mind and desire to understand how the universe works. The 3 Ps: perseverance, persistence and patience; and the 3 Ds: diligence, dedication and determination. Although it is not essential it is useful to enrol in Pure Mathematics as well.

Pure Mathematics
Course code: 18120
Location: Beaumaris Senior Centre
Day/time: Thursday 12pm Weekly
Starts: 8 Feb  Ends: 27 Nov
Tutor: Robert Reynolds

Broadly speaking, pure mathematics is mathematics that studies entirely abstract concepts. This was a recognisable category of mathematical activity from the 19th century onwards. Pure mathematics explores the boundary of mathematics and pure reason (University of Waterloo). This course will cover topics such as Set Theory, Polynomial Expressions, Relations and Functions and Indices and Logarithms and Calculus.

Prerequisites: A strong desire to understand mathematics. Prior mathematical knowledge is useful, but not absolutely essential. The course will proceed at a speed appropriate for the class, filling any gaps in mathematical knowledge that appear as they arise.

Students will need a standard scientific calculator, pen, pencil and workbook. If they can obtain a T1-inspire CX CAS calculator that would be good.

CLASS LOCATIONS
Beaumaris Seniors Centre (and Bayside U3A Office)
84 Reserve Road
Beaumaris (behind the library)

Brighton Courthouse (and Bayside U3A Office)
75 Carpenter St
Brighton (behind the town hall)

Black Rock House
34 Ebden Avenue
Black Rock

Hightett Neighbourhood House
2 Livingstone St
Hightett

Brighton Seniors Centre
Cnr Durrant and Pearson Streets
Brighton

Sandringham Seniors Centre
Cnr Abbott & Waltham Sts
Sandringham (adjacent to the library)

Brighton Library
14 Wilson St
Brighton

Hampton Bowls Club
Corner Earlsfield & Fewster Roads
Hampton

Brighton Croquet Club
6 Bleazby Ave
Brighton

Beaumaris Community Centre
90 Reserve Road
Beaumaris
(in the library building)

Black Rock Civic Hall
Corner Balcombe Rd and College Gve
Black Rock

Hampton Seniors Centre
14 Service Street
Hampton

Hampton Yoga Centre
14 Thomas St
Hampton