

## 2018 Course Guide

**Publication date: 8 March 2018**

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](http://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 the 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:* 9 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 & 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 12.45pm 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 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 strengths and weaknesses using the Birth Date and Name. Additionally, the Personal Growth can be traced using Current and Future Year numbers and Years of 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: 18066

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 Courthouse

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.

### History, Geography and Culture of Asia through Philately

Course code: 18126

Location: Brighton Courthouse

Day/time: Wednesday 2pm-3.30pm Weekly

Starts: 16 May Ends: 20 Jun

Tutor: Ian Sadler

The course will cover the history, geography and culture of several Asian countries by study of stamps, envelopes and ephemera. There will be a focus on World War II in the Pacific which affected many east Asian countries. Participants will also gain an understanding of stamp collecting from juniors and thematic displays and exhibits. Classes will be interactive and educational and lead to a greater knowledge of Asian cultures, location and history, pre- and post-colonial. Participants will be invited to attend a Tuesday evening session at the Brighton Philatelic Society.

### **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.

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. 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.

### **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 Senior Centre

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

*Starts:* 13 Feb *Ends:* 11 Dec

*Tutor:* Malcolm Drysdale

Moves to Brighton Courthouse from term 2.

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.

## **Computers & Technology**

### **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.

### **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 - Beaumaris**

*Course code:* 18130

*Location:* Beaumaris Senior Centre

*Day/time:* Tuesday 2.15pm Weekly

*Starts:* 20 Feb *Ends:* 27 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.

### **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.

### **Improving your PC skills**

*Course code:* 18059

*Location:* Brighton Courthouse

*Day/time:* Wednesday 11am 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).

### **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:* 31 May *Ends:* 28 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 your 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, 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, third Friday.

### **iPads and tablets for beginners - Brighton**

*Course code:* 18008

*Location:* Brighton Courthouse

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

*Starts:* 20 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 & 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.

## Bayside U3A 2018 Course Guide

*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 - Thursday**

*Course code:* 18124

*Location:* Beaumaris Senior Centre

*Day/time:* Thursday 9am Weekly

*Starts:* 8 Feb *Ends:* 6 Dec

*Tutor:* Jocelyn Besly

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

*Course code:* 18103

*Location:* Brighton Courthouse

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

*Starts:* 10 Oct *Ends:* 12 Dec

*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.

### **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.

### **Fulfilment in retirement**

*Course code:* 18135

*Location:* Brighton Courthouse

*Day/time:* Friday 2pm-4pm

*Starts:* 8 Jun *Ends:* 8 Jun

*Tutor:* Ian Marchment

This will be an interactive class. It will help you create focus for the years ahead, and set a number of goals. Are you asset rich and cashflow poor? Do you need to downsize your property? Don't underestimate the value of volunteering. How to deal with baggage we all carry. Have you reached your full potential? Are you enjoying the social interaction you need? Come along and share your thoughts. Bring pen, paper and a travel brochure.

### **Gentle Yoga - Brighton**

*Course code:* 18113

*Location:* Brighton Courthouse

*Day/time:* Friday 12.45pm Weekly

*Starts:* 2 Mar *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-11am 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.

### **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:* 18133

*Location:* Brighton Croquet Club

*Day/time:* Thursday 4.30pm - 6pm Weekly

*Starts:* 25 Oct *Ends:* 22 Nov

*Tutor:* Pam White

Croquet is an excellent game for exercising both mind and body. It can be played as a singles or doubles game, with players using a mallet and ball to negotiate a series of 6 hoops in a set sequence around the lawn. Brighton Croquet club offers a 5 week course that provides a stimulating introduction to the game on the well maintained lawns at the club. Located at 6 Bleazby Ave, Brighton, the Club supplies all equipment. Participants are asked to wear flat soled shoes to avoid damage to the lawns. There is a cost is \$5 per session to cover green fees Ongoing coaching is available to players who would like to consider joining the Club. There are opportunities to play both social and competitive croquet, as well as entering the Club run competitions and Open Tournament. Everyone is welcome to come and try. (brightoncroquetclub@gmail.com)

### **Introduction to Croquet**

*Course code:* 18125

*Location:* Sandringham Croquet Club

*Day/time:* Tuesday 1.30pm Weekly

*Starts:* 17 Apr *Ends:* 8 May

*Tutor:* Lynne Fox

Learn the basic skills needed to play both golf and association croquet. Coaching is for beginners who will be shown how to hit the ball and the strategy involved in hitting your ball through the hoops. All equipment is supplied but you must wear flat soled shoes. The cost is \$5 per session for green fees. So come along and join us at Sandringham Croquet Club, learn a new skill, meet like-minded people and have fun.

### **Introduction to Golf Croquet**

*Course code:* 18132

*Location:* Brighton Croquet Club

*Day/time:* Wednesday 1pm Weekly

*Starts:* 8 Aug *Ends:* 29 Aug

*Tutor:* Pam White

Brighton Croquet Club offers an introductory course to Golf Croquet, an exciting version of croquet that is a quicker, simpler version of traditional Association Croquet. Each side plays alternate strokes and each tries to be the first to score the next hoop. When a player scores a hoop, all play moves on to the next hoop. The first player to score seven hoops wins the game, which usually takes 45-60 minutes. Brighton Croquet Club is located at 6 Bleazby Ave, Brighton, and the Club supplies all equipment.

## Bayside U3A 2018 Course Guide

Participants are asked to wear flat soled shoes to avoid damage to the lawns. There is a cost of \$5 per session to cover green fees. Ongoing coaching is available to players who would like to consider joining the Club. There are opportunities to play both social and competitive Golf Croquet. Everyone is welcome to come and try. (brightoncroquetclub@gmail.com)

### **Ladies cycling : Getting you back on your bike, to cycle safely and with more co**

*Course code:* 18114

*Location:* Other

*Day/time:* Tuesday 10am Weekly

*Starts:* 20 Mar *Ends:* 10 Apr

*Tutor:* Jacinta Costello

Over 4 sessions, you will learn or refresh the important skills involved with safe cycling. These sessions will include balance, braking, looking over your shoulder, gear selection and cornering. 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.

### **Mindfulness -based Stillness Meditation**

*Course code:* 18088

*Location:* Beaumaris Community Centre

*Day/time:* Wednesday 1.30pm Weekly

*Starts:* 21 Feb *Ends:* 28 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:* 9 Feb *Ends:* 30 Mar

*Alternate time:* No classes in term 2

*Tutor:* Stephen Le Page

*Course code:* 18104

*Location:* Brighton Courthouse

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

*Starts:* 12 Oct *Ends:* 14 Dec

*Alternate time:* No classes in term 2

*Tutor:* Stephen Le Page

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



## Bayside U3A 2018 Course Guide

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

*Course code:* 18134

*Location:* Brighton Courthouse

*Day/time:* Tuesday 1.30pm-3.30pm Fortnightly

*Starts:* 30 Oct *Ends:* 27 Nov

*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.

### **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.

### **Slower 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

This is an ongoing class incorporating the principles of SOUL Healing for Health and Happiness, Healthy Happy Spine, Healthy Happy Hips, 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. Note\*\* This is not the usual yoga class and may not suit you -it is an extremely gentle class with the emphasis on loving your body with small slow movements, being in a state of awareness and being kind to yourself. 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. It will help you to look and feel younger and healthier with practice and have fun doing it! We will use complementary practice/ study books (when available), movement, dance and singing and contemplation/meditation techniques. The class is a totally interactive, enjoyable, informative, with educational, packed with profound wisdom. You will leave feeling invigorated, energized and ready for what life blesses you with. You are asked to have an open heart and mind and enjoy the journey.

### **Table Tennis**

*Course code:* 18090

*Location:* Highbury Neighbourhood House

*Day/time:* Wednesday 9am Weekly

*Starts:* 7 Feb *Ends:* 12 Dec

*Alternate time:* Also Friday mornings

*Tutor:* Stephen Le Page

We meet in the morning on Wednesdays (all standards) and Fridays (advanced) for friendly games of Table Tennis. Participants

## Bayside U3A 2018 Course Guide

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 prepared 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 - Tuesday**

*Course code:* 18128

*Location:* Beaumaris Community Centre

*Day/time:* Tuesday 9am Weekly

*Starts:* 6 Mar *Ends:* 4 Dec

*Tutor:* Anna Wonneberger

Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body. Although an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. For many, it continues as a lifetime journey.

### **Tai Chi -Friday**

*Course code:* 18127

*Location:* Brighton Courthouse

*Day/time:* Friday 9am Weekly

*Starts:* 16 Feb *Ends:* 30 Nov

*Tutor:* Mee Kuan

Tai Chi is primarily practiced for its health benefits, including a means for dealing with tension and stress. It also emphasises on posture, core muscles engagement, strength, alignment, and breath. Therefore, in taking you through this ancient movement system, I will also be incorporating Pilates/Yoga and Qi Gong in my sessions. The class is catered for all ages and levels. All you need is loose fitting clothing and if you have, bring along a mat or a large beach towel. Referencing Mee's website, <http://www.meekuan.com.au/> will give you a fuller description of my classes.

### **Tai Chi Wednesday**

*Course code:* 18037

*Location:* Brighton Courthouse

*Day/time:* Wednesday 10am Weekly

*Starts:* 14 Feb *Ends:* 28 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". 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.

### **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.

### **Walking Group - Mondays**

*Course code:* 18073

*Location:* Other

*Day/time:* Monday 9.30am Weekly

*Starts:* 19 Feb *Ends:* 3 Dec

*Alternate time:* 9am start November to March

*Tutor:* Margaret Gobolyos

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:* 18105

*Location:* Other

*Day/time:* Tuesday 9.30am Weekly

*Starts:* 6 Feb *Ends:* 27 Nov

*Tutor:* Jane Alcorn

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:* 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:* 16 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:* 18091

*Location:* Highett Neighbourhood House

*Day/time:* Friday 9.30am Weekly

*Starts:* 8 Feb *Ends:* 14 Dec

*Tutor:* Stephen Le Page

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.

### **Canasta Card Group**

*Course code:* 18099

*Location:* Highett Neighbourhood House

*Day/time:* Tuesday 10am Weekly

*Starts:* 7 Feb *Ends:* 11 Dec

*Alternate time:* Also Saturday 10am-12pm

*Tutor:* Stephen Le Page

We meet at 10.00 am on Tuesdays ( until 2.00pm ) for friendly games of Canasta. All standards of players are catered for, and beginners will quickly learn. A warm welcome is guaranteed. Note there is \$2 equipment charge including tea and refreshments. A group also plays on Saturday ( 10-12am ). The U3A Canasta group will join the canasta players of the Highett Seniors Club, which has a strong player contingent. U3A students attend on the same basis as HSC members and there is full interaction. The game is very popular and easily learned but good strategy is required to win. The address is Highett Neighbourhood House at 2 Livingston St Highett.

### **Chess**

*Course code:* 18067

*Location:* Brighton Courthouse

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

*Starts:* 16 Feb *Ends:* 14 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.

### **Eastern Mahjong for beginners**

*Course code:* 18027

*Location:* Brighton Senior Centre

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

*Starts:* 12 Feb *Ends:* 26 Mar

*Tutor:* Lesley Bawden

*Course code:* 18097

*Location:* Brighton Senior Centre

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

*Starts:* 7 Oct *Ends:* 19 Nov

*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.

## Bayside U3A 2018 Course Guide

### **Intermediate Bridge**

*Course code:* 18041

*Location:* Brighton Courthouse

*Day/time:* Thursday 10.30am Weekly

*Starts:* 8 Feb *Ends:* 13 Dec

*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:* 18006

*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 Senior Centre

*Day/time:* Tuesday 1.30pm-3.30pm Weekly

*Starts:* 20 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.

### **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.

### **Introduction to Genealogy - 3rd Friday**

*Course code:* 18137

*Location:* Private Home

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

*Starts:* 15 Mar *Ends:* 16 Nov

*Tutor:* Meredith Windust

This is an introductory group for those wishing to learn about genealogy and its methods.

### **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:* 20 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

## Bayside U3A 2018 Course Guide

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:* 8 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 chosen by participants according to their interests and experiences in that language. The tutor acts as a facilitator. Native speakers, French teachers, people who have worked or lived in French-speaking countries are most welcome.

### **French - Intermediate**

*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:* 5 Mar *Ends:* 26 Nov

*Tutor:* Sonia Grinberg

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 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 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

## Bayside U3A 2018 Course Guide

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:* Brighton Courthouse

*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 conversation - intermediate**

*Course code:* 18131

*Location:* Brighton Courthouse

*Day/time:* Monday 11am Weekly

*Starts:* 16 Apr *Ends:* 17 Sep

*Tutor:* Bella Litvak

The course will include: conversations on selected topics; grammar revision; reading and discussing examples of Russian texts & poetry provided by the tutor.

*Prerequisites:* This is not a class for beginners, but for those at intermediate level.

### **Russian for beginners**

*Course code:* 18002

*Location:* Brighton Courthouse

*Day/time:* Friday 10am 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 & 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 12.30pm 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.

### **Crime Night book club**

*Course code:* 18129

*Location:* Brighton Courthouse

*Day/time:* Tuesday 7.30pm Monthly

*Starts:* 20 Mar *Ends:* 11 Dec

*Tutor:* Tony Aplin

Do you like crime stories? Then this is the book club for you. Crime Night will focus on crime novels, both fiction and true-crime. Come along and join some like-minded people for a discussion of crime writing over a glass of red and some cheese. At the first session we will each talk a little about our favourite crime writers and their books, then we may select some books/authors we would like to read and when. Refreshment costs will be shared by the group (perhaps \$2 or \$3)

### **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 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:* 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 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:* 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 1920s onwards and most of it is not available on DVDs. 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:* 6 Dec

*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 1920s onwards and most of it is not available on DVDs. David will be showing and discussing carefully selected items.

## **Opera Appreciation**

*Course code:* 18062

*Location:* Private Home

*Day/time:* Thursday 1pm Weekly

*Starts:* TBA *Ends:* 29 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. 4-4.30 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:* 18098

*Location:* Black Rock Civic Hall

*Day/time:* Tuesday 11am Weekly

*Starts:* 6 Feb *Ends:* 27 Nov

*Tutor:* Julie Wallis

This group is for enthusiastic experienced players. We play descant, treble and tenor recorders in a wide range of music, both old and new. Prerequisite skills are a knowledge of sight reading and some experience in playing the recorder. Participants need to have the time and willingness to practise between lessons.

## **Roots, Rock & Reggae**

*Course code:* 18032

*Location:* Private Home

*Day/time:* Wednesday 1.30pm-3.30pm Weekly

*Starts:* 18 Apr *Ends:* 13 Jun

*Tutor:* Trevor Searle

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

## **Science**

### **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:* 18063

*Location:* Brighton Senior Centre

*Day/time:* Wednesday 10am-12pm Fortnightly

*Starts:* 7 Feb *Ends:* 28 Nov

*Tutor:* Adele Read

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.

## **Genetics - Understanding the Basis of Life**

*Course code:* 18092

*Location:* Brighton Senior Centre

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

*Starts:* 6 Feb *Ends:* 27 Mar

*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.

## **Physics**

*Course code:* 18119

*Location:* Brighton Courthouse

*Day/time:* Monday 12pm Weekly

*Starts:* 12 Feb *Ends:* 3 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.

*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:* 29 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.

## **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 Ebdon Avenue  
Black Rock

### **Highett Neighbourhood House**

2 Livingstone St  
Highett

### **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

### **Sandringham Library**

Waltham St  
Sandringham

### **Hampton Bowls Club**

Corner Earlsfield & Fewster Roads  
Hampton

### **Hampton Yoga Centre**

14 Thomas St  
Hampton

### **Brighton Croquet Club**

6 Bleazby Ave  
Brighton

### **Black Rock Civic Hall**

Corner Balcombe Rd and College Gve  
Black Rock

### **Sandringham Croquet Club**

96 Beach Rd,  
Sandringham VIC 3191