

## 2019 Course Guide

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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.

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### Art & Craft

#### **Cartooning with the 4 Cs**

*Course code:* 19074

*Location:* Brighton Senior Centre

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

*Starts:* 5-Feb *Ends:* 25-Jun

*Tutor:* Malcolm Drysdale

This will be a how to draw programme with pen and paper. First we learn to draw simple character heads, then people, then cartoons, then maybe caricatures, comics or graphic novels. Illustrate your life story or post political cartoons to the paper, entertain your grandchildren with humorous drawings, draw fierce dragons, do whatever you like. Once you get started the sky's the limit. Challenge yourself creatively. The Pen is mightier than the iPad.

**Requirements:** A black ink pen or two. Malcolm uses a UniPen fine line 0.5 and a 0.3 Nothing too fancy. An A4 or larger plain white paper book or folder preferably smooth or hot pressed paper and thicker than photocopy paper. You don't want the ink to bleed out.

#### **Creative Collective**

*Course code:* 19096

*Location:* Brighton Courthouse

*Day/time:* Thursday 1pm Weekly

*Starts:* 7-Feb *Ends:* 5-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:* 19023

*Location:* Beaumaris Senior Centre

*Day/time:* Friday 1pm Weekly

*Starts:* 8-Feb *Ends:* 5-Apr

*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:* 19058

*Location:* Brighton Courthouse

*Day/time:* Tuesday 10.30am Weekly

*Starts:* 5-Feb *Ends:* 16-Dec

*Tutor:* Nance Silverman

A co-operative 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:* 19126

*Location:* Brighton Senior Centre

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

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

*Tutor:* Roy Bird

Interested sculptors from beginners to experienced, meet together for mutual encouragement and learning. All media including clay, plaster, stone, wood etc will need to be provided by participants.

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.

## Seed Beading Group

*Course code:* 19006  
 Location: Black Rock Civic Hall  
*Day/time:* Thursday 12pm Weekly  
*Starts:* 7-Feb *Ends:* 28-Nov  
*Tutor:* Val Matthews

This course is for those who have already completed the beginner's 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 beading mat, needle and fireline thread. Bead costs vary.

**Prerequisites:** Good eyesight or lamp with magnifying glass

## Stitch and Natter

*Course code:* 19114  
 Location: Beaumaris Senior Centre  
*Day/time:* Wednesday 9.45am Weekly  
*Starts:* 6-Feb *Ends:* 27-Nov  
*Tutor:* Sandra Groves

Join this like-minded group who enhance their creative skills with lots of natter.

## Arts & Culture

### Armchair Travel - 4th Friday

*Course code:* 19061  
 Location: Beaumaris Senior Centre  
*Day/time:* Friday 10am-12pm Monthly  
*Starts:* 22-Feb *Ends:* 22-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.

### Art Appreciation

*Course code:* 19040  
 Location: Brighton Courthouse  
*Day/time:* Monday 1.45pm Weekly  
*Starts:* 11-Feb *Ends:* 24-Jun  
*Tutor:* Diana Stock

Enjoy the work of the great old European masters such as Raphael, Velasquez and Rembrandt and the more modern ones such as Picasso, Matisse and Jackson Pollock. "Visit" some of the world's great museums and learn about their collections and generous patrons. Discover the importance of the colours gold, blue and white throughout art history. "China meets the West" at the Metropolitan Museum of Art has a resonance for today's world, as does "A Woman's Touch" at the National Museum of Women in Washington DC. Visual screen documentaries followed by comments and general discussion.

## Basics of Western Numerology

*Course code:* 19047  
 Location: Brighton Courthouse  
*Day/time:* Monday 10am Weekly  
*Starts:* 3-Jun *Ends:* 9-Sep  
*Tutor:* Valeria Metter

Numerology is easy to understand and needs only the Birth Date and Name to work with. Western (Pythagorean) Numerology developed much more extensively than Chinese Lo Shu Numerology, from which it still originated.

Principle of grid as numerological chart, meaning of numbers from 1 to 9, number placements single and repeated, grid planes and arrows, Birth Day numbers, Life Path numbers, Name numbers, Personal Years, Years of Maturity. Practical examples will be widely used and students will be practicing interpreting their own Birth Date and Name numbers. Power Point presentation used for this course. Many handouts will be e-mailed.

Anticipated Outcome: ability to understand, interpret and describe the personality, its 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:* 19014  
 Location: Beaumaris Senior Centre  
*Day/time:* Monday 2pm-4pm Weekly  
*Starts:* 4-Feb *Ends:* 25-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:* 19048  
 Location: Other  
*Day/time:* Tuesday 6pm Fortnightly  
*Starts:* 5-Feb *Ends:* 17-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 - Wednesday***Course code:* 19115

Location: Beaumaris Senior Centre

*Day/time:* Wednesday 1.30pm Weekly*Starts:* 30-Jan *Ends:* 6-Nov*Tutors:* 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,

**Current Affairs Discussion - Thursday***Course code:* 19039

Location: Brighton Courthouse

*Day/time:* Thursday 1.30pm-3.30pm Weekly*Starts:* 7-Feb *Ends:* 5-Dec*Tutor:* Ralph Levy

The weekly sessions review and discuss important and interesting current events in our society. International topics with particular reference to their geopolitical and economic relevance together with a wide range of local issues which might be of special interest. Have your say as class participation in discussion is encouraged as are alternative discussion leaders from within the group plus regular guest speakers.

**History and Cultural Discussion***Course code:* 19104

Location: Black Rock House

*Day/time:* Thursday 2pm-4pm Weekly*Starts:* 7-Feb *Ends:* 5-Dec*Tutor:* Joan Gibbs

Our discussions are planned to be inclusive of all attending. They will be conducted in a respectful, non-judgemental and informative cohesive forum, enabling all attendees to have input into conversations. We will discuss History and Cultural topics.

**IChing - Introduction to The Book of Changes***Course code:* 19043

Location: Beaumaris Senior Centre

*Day/time:* Thursday 2pm-4pm Weekly*Starts:* 10-Oct *Ends:* 24-Oct*Tutor:* Anna Birman

The IChing is an ancient book of wisdom which has been used as a tool for 100s of years by people seeking guidance. It may be consulted about moral dilemmas or simply to provide advice about daily living. The course will include brief history and theory of the book, followed by the method used to access the knowledge. There will be an emphasis on practical application of the IChing process in a workshop setting with group discussion.

**Introduction to Astrology***Course code:* 19046

Location: Brighton Courthouse

*Day/time:* Monday 12pm Weekly*Starts:* 3-Jun *Ends:* 5-Aug*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.

**Japan and the Japanese- a Cultural Odyssey***Course code:* 19083

Location: Beaumaris Senior Centre

*Day/time:* Tuesday 2.15pm Fortnightly*Starts:* 5-Feb *Ends:* 16-Apr*Tutor:* Alina Skoutarides

Cultural history of Japan

**Let's Do Dinner - 1st Saturday***Course code:* 19136

Location: Other

*Day/time:* Saturday 6pm Monthly*Starts:* 2-Feb *Ends:* 7-Dec*Tutor:* Suzanne Kaldor

Get together with a group to dine out once a month, visiting different restaurants. We'll advise the restaurant a couple of weeks before, then RSVP if you will attend, so we know numbers to book.

**Museum Masterpieces - The Hermitage***Course code:* 19131

Location: Private Home

*Day/time:* Tuesday 1.30pm Weekly*Starts:* 3-Sep *Ends:* 10-Sep*Tutor:* Patricia Armstrong-Grant

The State Hermitage Museum is a museum of art and culture in Saint Petersburg, Russia. The second-largest art museum in the world, it was founded in 1764 when Empress Catherine the Great acquired an impressive collection of paintings from the Berlin merchant Johann Ernst Gotzkowsky. The museum celebrates the anniversary of its founding each year on 7 December, Saint Catherine's Day. It has been open to the public since 1852. Its collections, of which only a small part is on permanent display, comprise over three million items, including the largest collection of paintings in the world. The collections occupy a large complex of six historic buildings along Palace Embankment, including the Winter Palace.

**Museum Masterpieces - The Louvre***Course code:* 19064

Location: Private Home

*Day/time:* Tuesday 1.30pm Weekly*Starts:* 5-Feb *Ends:* 12-Mar*Tutor:* Patricia Armstrong-Grant

Expert art critic and historian Richard Brettell takes you on an unforgettable journey through one of the world's greatest museums. This 12-lecture series begins with an overview of the Louvre's colourful history as royal palace, art academy, and national showcase. Then

you'll explore some of the most beautiful and renowned examples from the museum's remarkable collection of European paintings from the late medieval period through the early 19th century, including masterworks by Raphael, Caravaggio, Leonardo da Vinci, Watteau, Rubens and Vermeer.

## Museum Masterpieces - The Metropolitan

### Museum of Art

*Course code:* 19129

*Location:* Private Home

*Day/time:* Tuesday 1.30pm Weekly

*Starts:* 19-Mar *Ends:* 4-Jun

*Tutor:* Patricia Armstrong-Grant

No other museum covers the history of humanity and its achievements as thoroughly as The Metropolitan Museum of Art in New York City. Professor Richard Brettell believes that The Metropolitan Museum of Art is not just the greatest art museum in America, but that it is also the most complete encyclopaedic art museum on the planet, rivalled only by the Louvre in Paris and the Hermitage in Saint Petersburg, whose collections have significant gaps by comparison. Professor Brettell takes you through The Metropolitan Museum of Art from front to back, from bottom to top, introducing practically every department in the museum. Each is a museum unto its own, representing one of the world's finest collections in its field.

## Museum Masterpieces - The National Gallery

### London

*Course code:* 19130

*Location:* Private Home

*Day/time:* Tuesday 1.30pm Weekly

*Starts:* 11-Jun *Ends:* 27-Aug

*Tutor:* Patricia Armstrong-Grant

Take a virtual tour of this world-class collection with Professor Catherine B. Scallen. More than just a gallery tour. This course also offers a breathtaking and comprehensive overview of the history of European painting. The National Gallery holds one of the finest collections of European painting from the late medieval period to the beginning of the 20th century. Raphael and Titian, Rembrandt and Rubens, Poussin and Claude, Velazquez and Goya, Gainsborough and Turner - these are just a few of the great masters whose works are represented in the National Gallery's outstanding collection.

## Numerology - Discovering your Life Purpose

*Course code:* 19045

*Location:* Brighton Courthouse

*Day/time:* Wednesday 1pm Weekly

*Starts:* 17-Jul *Ends:* 21-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.

## Philosophy

*Course code:* 19128

*Location:* Brighton Senior Centre

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

*Starts:* 23-Apr *Ends:* 10-Dec

**Note:** Moves to Brighton Courthouse from term 3.

*Tutor:* Bill Connett

This year Philosophy will focus on what is known as the 'perennial philosophy'. It will be less a study of particular philosophers and more an attempt to find the underlying 'ground of being', that has been described in various ways, at various times, and in different parts of the world. We hope it will be not be only an intellectual understanding but an experiential (therefore subjective) understanding.

## Wine Appreciation - 2nd Thursday

*Course code:* 19009

*Location:* Beaumaris Senior Centre

*Day/time:* Thursday 7.30pm Monthly

*Starts:* 14-Feb *Ends:* 12-Dec

*Tutors:* 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 bringing a plate of nibbles. They are reimbursed for their purchases. The total costs for the night (wine and nibbles) are shared equally by the participants. It is important that participants are prepared to take a turn buying and presenting wines, bringing the nibbles and taking the glasses home for washing. Members are also expected to assist with set-up and putting away including other washing and cleaning up.

## Wine Appreciation - 4th Thursday

*Course code:* 19010

*Location:* Brighton Courthouse

*Day/time:* Thursday 7.30pm Monthly

*Starts:* 28-Feb *Ends:* 12-Dec

*Tutors:* 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 bringing a plate of nibbles. They are reimbursed for their purchases. The total costs for the night (wine and nibbles) are shared equally by the participants. It is important that participants are prepared to take a turn buying and presenting wines, bringing the nibbles and taking the glasses home for washing. Members are also expected to assist with set-up and putting away including other washing and cleaning up.

## Computers and Technology

### Advanced iPad: Skills and Projects

*Course code:* 19139

*Location:* Beaumaris Senior Centre

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

*Starts:* 21-Mar *Ends:* 2-May

*Tutor:* Bronwen Perry

*Course code:* 19140

*Location:* Beaumaris Senior Centre

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

*Starts:* 31-Oct *Ends:* 5-Dec

*Tutor:* Bronwen Perry

**Note:** Participants will be expected to bring with them -- to each class - their own iPad, fully charged

This advanced-level program is intended for confident and experienced users who are keen to revise and further develop their iPad skills, learn new ones 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
- using iMovie - from the beginning
- 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 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

### Computer Appreciation

*Course code:* 19091

*Location:* Brighton Courthouse

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

*Starts:* 11-Feb *Ends:* 2-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.

### Improving your PC skills

*Course code:* 19021

*Location:* Brighton Courthouse

*Day/time:* Wednesday 11am Weekly

*Starts:* 1-May *Ends:* 29-May

*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 10).

### Intermediate iPad and Tablet - Brighton

*Course code:* 19029

*Location:* Brighton Courthouse

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

*Starts:* 14-Oct *Ends:* 4-Nov

*Tutor:* Sue Steele

This intermediate-level course is intended for users who feel confident using their iPads but 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. 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:* 19137

*Location:* Beaumaris Senior Centre

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

*Starts:* 7-Feb *Ends:* 14-Mar

*Tutor:* Bronwen Perry

*Course code:* 19138

*Location:* Beaumaris Senior Centre

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

*Starts:* 29-Aug *Ends:* 3-Oct

*Tutor:* Bronwen Perry

**Notes:** Participants will be expected to bring with them - to each class - their own/personal iPad, fully charged, together with access to their AppleID and password

This intermediate-level course is intended for students who are confident users of their iPad devices but are keen to learn more and take their skills to the next level. This course is not suitable for beginners. The program will include: exploring and using more advanced capabilities and settings such as iPad gestures,

notifications, customised Control Centre dock and split screen functions; getting more out of iBooks, Calendar, Contacts, Mail and Notes apps; learning more about Photos, including editing functions, creating albums, making and sharing slideshows; setting bookmarks, favourites and reading lists in Safari; using FaceTime and Skype; managing security settings in Facebook; managing and using iCloud; synchronising 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 [i.e. Getting started with your 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:* 19026

*Location:* Beaumaris Senior Centre

*Day/time:* Friday 10.15am Monthly

*Starts:* 15-Feb *Ends:* 15-Nov

*Tutors:* 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:* 19027

*Location:* Brighton Courthouse

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

*Starts:* 12-Feb *Ends:* 19-Mar

*Tutor:* Sue Steele

### **iPads and Tablets for Beginners - Brighton**

*Course code:* 19028

*Location:* Brighton Courthouse

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

*Starts:* 23-Apr *Ends:* 28-May

*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. Wi-Fi is available.

### **Staying Safe Online**

*Course code:* 19050

*Location:* Brighton Courthouse

*Day/time:* Tuesday 2pm-3.30pm Weekly

*Starts:* 5-Mar *Ends:* 19-Mar

*Tutor:* Jane Bennett

Want to stay safe while online? This short course will give you practical and simple advice on being safe while using the internet, email and social media. Covers good security habits, passwords and managing them, as well as how to avoid common traps, phishing attempts and how to check whether that email or friend request is genuine.

Participants will develop an understanding of good online security practices. Time for discussion and individual questions.

Participants bring their own laptop or tablets, charged up and able to connect to Wi-Fi.

**Prerequisites:** Participants should be comfortable with using an internet browser (eg: Chrome, Safari) and a search tool eg: Google. Ideally also a basic understanding of how to download and install a program or app.

## **Exercise your Body and Mind**

### **Balance and Bones - Friday**

*Course code:* 19036

*Location:* Beaumaris Senior Centre

*Day/time:* Friday 9am Weekly

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

*Tutor:* Helene Redding

This class is designed to improve muscle strength mobility and flexibility of joints, strengthen bones, improve balance, improve posture, to reduce the potential to fall and enhance well-being. We do approximately 35 minutes of exercises using light weights followed by a balance exercise component, stretching of all muscle groups and relaxation.

Participants should wear well-supporting shoes and non-constricting clothes.

### **Balance and Bones - Monday**

*Course code:* 19097

*Location:* Brighton Courthouse

*Day/time:* Monday 9am Weekly

*Starts:* 4-Feb *Ends:* 9-Dec

*Tutor:* Anne-Marie Limpens

This exercise class is designed to strengthen muscles and bones to improve balance and fitness, aiming to prevent falls. Each class includes a warm-up, exercises with and without weights, strengthening, balance exercises and relaxation.

### **Balance and Bones - Thursday**

*Course code:* 19037

*Location:* Beaumaris Senior Centre

*Day/time:* Thursday 9am Weekly

*Starts:* 7-Feb *Ends:* 5-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 - Thursday afternoon***Course code:* 19099*Location:* Brighton Courthouse*Day/time:* Thursday 4pm Weekly*Starts:* 7-Feb *Ends:* 5-Dec*Tutor:* Jennie O'Reilly

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

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

**Balance and Bones - Tuesday***Course code:* 19035*Location:* Beaumaris Senior Centre*Day/time:* Tuesday 9am Weekly*Starts:* 5-Feb *Ends:* 10-Dec*Tutor:* Helene Redding

This class is designed to improve muscle strength mobility and flexibility of joints, strengthen bones, improve balance, improve posture, to reduce the potential to fall and enhance well-being. We do approximately 35 minutes of exercises using light weights followed by a balance exercise component, stretching of all muscle groups and relaxation.

Participants should wear well-supporting shoes and non-constricting clothes.

**Balance and Bones - Tuesday Brighton***Course code:* 19098*Location:* Brighton Courthouse*Day/time:* Tuesday 9am Weekly*Starts:* 5-Feb *Ends:* 3-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.

**CARELIV Techniques - Calming, Relaxing, Living***Course code:* 19033*Location:* Brighton Courthouse*Day/time:* Wednesday 2pm-4pm Weekly*Starts:* 6-Feb *Ends:* 3-Apr*Tutor:* Stephen Le Page*Course code:* 19034*Location:* Brighton Courthouse*Day/time:* Wednesday 2pm-4pm Weekly*Starts:* 9-Oct *Ends:* 11-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.

**Chair Yoga***Course code:* 19075*Location:* Beaumaris Community Centre*Day/time:* Tuesday 2.30pm Weekly*Starts:* 5-Feb *Ends:* 10-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.

During Chair Yoga sessions participants perform standing asanas (stretches, holds and balances) holding a chair for support. Students will be comfortably seated for the Pranayama (breathing techniques) and seated for the long guided meditation to conclude.

Beginners are welcome.

**Dancing Club***Course code:* 19093*Location:* Brighton Senior Centre*Day/time:* Wednesday 6.30pm Weekly*Starts:* 6-Feb *Ends:* 4-Dec*Tutor:* Vladimir Metter

An enjoyable social dance group providing a lot of movement and fun for participants. Friends and partners will be welcome, \$2 per session donation for non-members.

**Dog Walking Group***Course code:* 19049*Location:* Other*Day/time:* Friday 9.30am Weekly*Starts:* 1-Mar *Ends:* 5-Apr*Tutor:* Jane Bennett

Like to walk with like-minded dog owners? This is a weekly walk in a range of different places. As a group, we will agree on places we'd like to walk, preferring off lead when possible. We'll start at Dendy Park, but will include Hampton Dog Beach, the Bay Trail, and other places, depending on group preference.

We'll meet at the agreed spot, walk for around 50 mins-one hour, and if possible stay for a cuppa and chat afterwards. The aim is to enjoy time with our dog and with other people, so people won't be left behind.

**Feldenkrais - Magical Movement***Course code:* 19001*Location:* Brighton Courthouse*Day/time:* Thursday 9.30am Weekly*Starts:* 7-Feb *Ends:* 28-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:* 19095*Location:* Brighton Courthouse*Day/time:* Tuesday 1.30pm*Date:* 28-May*Tutor:* Ian Marchment

This will be an interactive afternoon. It will help you create focus for the years ahead, and set a number of goals.

Are you asset rich and cash flow 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:* 19121*Location:* Brighton Courthouse*Day/time:* Friday 12.45pm Weekly*Starts:* 8-Feb *Ends:* 29-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-arthritis series.

Participants must bring their own yoga mat and blanket.

**Gentle Yoga - Hampton***Course code:* 19030

Location: Hampton Yoga Centre

*Day/time:* Friday 10am-11am Weekly*Starts:* 8-Feb *Ends:* 29-Nov*Tutor:* Janice Lawton

This class is for those wanting to deepen their Yoga practice. Previous experience is required. It is not a class for beginners.

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-arthritis series.

Please bring along a yoga mat.

**Go Greek Dancing***Course code:* 19082

Location: Beaumaris Community Centre

*Day/time:* Friday 11am Monthly*Starts:* 25-Jan *Ends:* 29-Nov*Tutor:* Robyn Roth

A wonderful way to keep mind, body and soul fit. Just join the circle and be taken on a 'trip' to Greece, dancing our way through all the various regions and islands groups.

You'll learn a bit about the history and culture of Greece whilst learning the dances but our main aim is to enjoy the journey and there are plenty of laughs along the way.

**Prerequisites:** Please wear comfortable clothing and shoes you can dance in, could be trainers or any sort of shoe.

**Hatha Yoga - Friday afternoons***Course code:* 19123

Location: Beaumaris Senior Centre

*Day/time:* Friday 4pm Weekly*Starts:* 8-Feb *Ends:* 6-Dec*Tutor:* Danielle Andrews

This 1 hour class consists of relaxation, stretching, yoga positions and meditation at the end of the class. Classes accommodate anybody from absolute beginners, to intermediate students.

**Hatha Yoga - Tuesday mornings***Course code:* 19124

Location: Beaumaris Community Centre

*Day/time:* Tuesday 10am-11am Weekly*Starts:* 5-Feb *Ends:* 10-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:* 19110

Location: Beaumaris Community Centre

*Day/time:* Tuesday 1pm Weekly*Starts:* 5-Feb *Ends:* 26-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 consist 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:* 19076

Location: Brighton Croquet Club

*Day/time:* Thursday 4.30pm - 6pm Weekly*Starts:* 7-Feb *Ends:* 7-Mar*Tutor:* Lesley Cavalier*Course code:* 19077

Location: Brighton Croquet Club

*Day/time:* Thursday 4.30pm - 6pm Weekly*Starts:* 24-Oct *Ends:* 21-Nov*Tutor:* Lesley Cavalier

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 Avenue 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 social play, coaching and participation in Club events is available to players who are interested in joining the Club. Croquet also offers opportunities to play in competitive pennant and tournament competitions. Everyone is welcome to come along and try this stimulating and fun game. (brightoncroquetclub@gmail.com)

## Introduction to Croquet

Course code: 19084

Location: Sandringham Croquet Club

Day/time: Tuesday 1.30pm Weekly

Starts: 26-Mar Ends: 16-Apr

Tutor: Lynne Fox

Course code: 19085

Location: Sandringham Croquet Club

Day/time: Tuesday 1.30pm Weekly

Starts: 8-Oct Ends: 29-Oct

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: 19078

Location: Brighton Croquet Club

Day/time: Wednesday 1pm Weekly

Starts: 7-Aug Ends: 28-Aug

Tutor: Margaret Clausen

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 Avenue Brighton, and the Club supplies all equipment. 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 social play, coaching and participation in Club events is available to players who are interested in joining the Club. There are opportunities to play both social and competitive Golf Croquet. Everyone is welcome to come along and try this stimulating and fun game. (brightoncroquetclub@gmail.com)

## Ladies Sharing Life's Stories

Course code: 19103

Location: Brighton Senior Centre

Day/time: Friday 10.30am Weekly

Starts: 8-Feb Ends: 29-Nov

Tutor: Joan Gibbs

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

## Lawn Bowls - Absolute Beginners

Course code: 19088

Location: Hampton Bowls Club

Day/time: Wednesday 10am-12pm Weekly

Starts: 6-Feb Ends: 11-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: 19089

Location: Hampton Bowls Club

Day/time: Wednesday 10am-12pm Weekly

Starts: 6-Feb Ends: 11-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.

## Pilgrimage Walking in France: Chemin de Saint-Jacques du Puy

Course code: 19127

Location: Beaumaris Senior Centre

Day/time: Tuesday 2.15pm Weekly

Starts: 5-Feb Ends: 30-Apr

Tutor: Bronwen Perry

This course is an extension of the 10-week program originally 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 charming and rustic long-distance trails in rural France: Chemin de Saint-Jacques du-Puy [GR65] and/or the RL Stevenson Trail [GR70]. 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.

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.

To ensure they get the most benefit from this program, participants should have some access to the following items: iPad / tablet OR smartphone, internet service at home, one or more guidebooks to the selected route [or willingness to purchase]

Participants should bring to each session: notebook and pencil or pen, iPad or tablet, any resource materials or guidebooks that they have already acquired plastic sleeve or ziplock bag for handout materials.

**Prerequisites:** Enthusiasm! Familiarity with iPad or tablet.

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

*Course code:* 19011

*Location:* Beaumaris Community Centre

*Day/time:* Wednesday 1.30pm Weekly

*Starts:* 20-Feb *Ends:* 27-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:* 19031

*Location:* Brighton Courthouse

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

*Starts:* 9-Feb *Ends:* 5-Apr

*Tutor:* Stephen Le Page

*Course code:* 19032

*Location:* Brighton Courthouse

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

*Starts:* 11-Oct *Ends:* 13-Dec

*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 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.

### **Moving to Music**

*Course code:* 19141

*Location:* Beaumaris Community Centre

*Day/time:* Tuesday 2.30pm Weekly

*Starts:* 5-Feb *Ends:* 26-Nov

*Tutors:* William Puls, Gillian Davidson

A fun hour-long class in which we engage in free movement, which could loosely be called dancing, inspired by dance videos and a wide range of audio music discs. No steps taught and movement is individual, not in couples. Dress is casual, or yoga-style exercise garb.

### **Nia Dance**

*Course code:* 19081

*Location:* Brighton Senior Centre

*Day/time:* Thursday 9am Weekly

*Starts:* 14-Feb *Ends:* 4-Apr

*Tutor:* Nicole Walsh

A Classic Nia class is a sensory-based, cardio movement class to music that blends 52 moves with martial arts, dance arts, and healing arts - body, mind, emotion, and spirit. This unique blend allows the body to move in fun and free ways that bring health and vitality to every part. Open to all levels of fitness.

Feel free to wear any exercise or comfortable clothing that makes you feel good and free to move. Bring along a water bottle and a towel or yoga mat if you have one. Nia is designed to be practised barefoot. If there are physical reasons not to practise barefoot, soft sole shoes can be worn.

**Prerequisites:** Love of movement, music and joy

### **Pedal for Pleasure - 3rd Tuesday**

*Course code:* 19065

*Location:* Other

*Day/time:* Tuesday 9.30am Monthly

*Starts:* 19-Feb *Ends:* 17-Dec

*Tutors:* Deb Stephenson, Robin Lacey

This is a monthly bicycle ride of 20-40km depending on the riding ability of the participants. The rides will have a leader and there will be some instruction given about safety while riding but is not lead by qualified cycle instructors. We will initially be meeting along the Bay Trail and riding to a coffee stop and back. As participants gain confidence we will venture further afield using the amazing bike paths around Melbourne and possibly include additional rides on other days of the week.

**Prerequisites:** Be a confident cyclist on cycle paths. Helmet, roadworthy bike, puncture repair kit, ambulance insurance cover are required

### **Petanque for everyone - novice to expert**

*Course code:* 19090

*Location:* Beaumaris Senior Centre

*Day/time:* Tuesday 9.45am Fortnightly

*Starts:* 11-Feb *Ends:* 26-Nov

*Tutor:* Denis Young

Petanque is a simple game. The object of the game is to throw your boules so that they come to rest close to a 'jack' (cochonnet) A player or team scores points by having one or more of the boules closer to the cochonnet than the opposition after each end. The winner is the first player / team to reach 11 or 15 points.

This course is initially for term 1. It may continue if there is enough interest. Participants should wear comfortable clothing and flat shoes. Equipment supplied. (a reasonable level of fitness is required as a lot of standing/walking and throwing takes place in a match)

### **Qigong for Health**

*Course code:* 19071

*Location:* Beaumaris Senior Centre

*Day/time:* Tuesday 8.45am Weekly

*Starts:* 5-Feb *Ends:* 3 Decr

*Tutor:* Anna Wonneberger

A term will cover the learning and practice of one health qigong routine (composed of a number of movements). A class will combine different components:

- introduction of concepts
- learning of movement/repetition/quieting the mind and breathing
- practice of the dynamic routine with keys to relaxation and tranquillity
- open discussion with participants when required (as mental activity is a major component)
- class summary and static meditation

Qigong practice helps to provide: physical exercises, relaxation, meditation, improved balance, greater flexibility, strengthened muscles, reduction of stress levels, co-ordination skills, positive thinking, regulatory effects on body, breath and emotions.

Participants should wear loose clothes, preferably in natural fabric, comfortable shoes (no bare feet, no socks on ground), preferably no jewellery that could be caught in the way in a move.

### **Slower Walkers**

*Course code:* 19125

*Location:* Other

*Day/time:* Wednesday 9.30am Weekly

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

*Tutor:* Del Lane, Verena Brown

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:* 19067

*Location:* Brighton Courthouse

*Day/time:* Friday 10.30am Weekly

*Starts:* 1-Feb *Ends:* 13-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 energised, 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:* 19066

*Location:* Beaumaris Community Centre

*Day/time:* Tuesday 10.30am Weekly

*Starts:* 5-Feb *Ends:* 10-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: 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, energised and ready for what life blesses you with. You are asked to have an open heart and mind and enjoy the journey.

## Successful Aging

*Course code:* 19132

*Location:* Beaumaris Senior Centre

*Day/time:* Friday 10.15am Weekly

*Starts:* 8-Mar *Ends:* 29-Mar

*Tutor:* Christine Easdown

### SUCCESSFUL AGEING

Growing old is said to be one of the most difficult chapters in the art of living. As we are living longer today than previous generations, we may be thinking about the manner and rate at which we age, and the limitations ageing imposes. We will explore the Chinese life-nourishing tradition which offers some useful strategies on aging successfully.

### DIET AND NUTRITION

What we eat is fundamental to health and successful aging. In this workshop, we will explore the relationship between what we eat on a day-to-day basis, the health of the digestive system and general well-being. Chris will discuss emerging science about the importance of the micro-biome that inhabit our gut to maintain health and the immune system, as well as some interesting parallels with the principles of Oriental Nutrition to support health of the digestive system

### DIGESTIVE COMPLAINTS

Problems in the digestive system can present a variety of symptoms including abdominal pain, reflux or GORD, indigestion and nausea. This session will look at how Oriental Medicine understands some of these common digestive complaints and some nutritional and self-care strategies.

### ARTHRITIS aka PAINFUL OBSTRUCTION SYNDROME

Creeping stiffness and aching joints are considered as a normal part of aging. Known as Painful Obstruction Syndrome in Oriental Medicine, arthritis can be treated in a variety of ways. In this workshop, we will discuss changes in joints associated with Osteoarthritis and Rheumatoid Arthritis. We will also explore how oriental medicine understands and treats Painful Obstruction Syndrome, and some simple home remedies.

## Table Tennis

*Course code:* 19106

*Location:* Highett Neighbourhood House

*Day/time:* Wednesday 9am Weekly

*Starts:* 6-Feb *Ends:* 11-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 three 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.

Tuition and Coaching by the current veteran Australian Champion is available on Fridays from 10.30-12.00 depending on demand. At present this is weekly. This is for HSC members only as it is subsidised by the club.

U3A members playing the normal sessions can also attend tuition by paying the one-off joining fee for Highett Seniors Club (\$10) and then 50% of their tuition costs – currently \$5.

The address is Highett Neighbourhood House at 2 Livingston St Highett.

## Tai Chi - Foundation

*Course code:* 19144

*Location:* Beaumaris Senior Centre

*Day/time:* Tuesday 10.15am Weekly

*Starts:* 5-Feb *Ends:* 3-Dec

*Tutor:* Anna Wonneberger

Basic standing and stepping skills are practiced and we encourage the development of a good foundation: Key skills, such as stance, structure, centring, focus, and mind-body relaxation, will develop balance, co-ordination, spatial awareness and sensitivity. Students are taught a few selected moves and an enjoyable short form. In the classes participants will learn about basic Tai Chi Theory covering the fundamental Principles, including a few insights related to basic qigong: soft overcoming hard, dantien

## Tai Chi - Continuation

*Course code:* 19072

*Location:* Beaumaris Senior Centre

*Day/time:* Tuesday 11.15am Weekly

*Starts:* 5-Feb *Ends:* 3-Dec

*Tutor:* Anna Wonneberger

Follows on from Foundation for more advanced students. 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 Thursday - Brighton

Course code: 19142

Location: Brighton Courthouse

Day/time: Thursday 8.00am Weekly

Starts: 7-Feb Ends: 28-Nov

Tutor: Eleonora Vlachos

Classes will start with a warm up exercise, followed by a Tai Chi for Health programme and include more forms as we progress, ending with a cool down exercise. We will ensure the safety of the participants, working on their interests and their individual ability levels. We will try to have fun and generally finish our sessions with a cuppa together either at the club or at a local cafe.

### Tai Chi Wednesday

Course code: 19134

Location: Brighton Courthouse

Day/time: Wednesday 10am Weekly

Starts: 6-Feb Ends: 27-Jun

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 co-ordination. 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: 19135

Location: Beaumaris Community Centre

Day/time: Tuesday 11.30am Weekly

Starts: 5-Feb Ends: 10-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: 19069

Location: Other

Day/time: Monday 9.30am Weekly

Starts: 5-Feb Ends: 2-Dec

**Alternate time:** 10am start April to October

Tutor: Margaret Gobolyos

A group of men and women who enjoy walking for around an hour. 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).. 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 3-3.5kms within one hour. 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 a couple of 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 3-3.5kms at a steady pace. Water bottles and sunscreen essential, particularly in the summer period.

### Walking Group - Tuesday

Course code: 19107

Location: Other

Day/time: Tuesday 9.30am Weekly

Starts: 5-Feb Ends: 26-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:* 19120  
 Location: Black Rock House  
*Day/time:* Monday 2pm-4pm Weekly  
*Starts:* 4-Feb *Ends:* 9-Dec  
*Tutor:* John Cook

Come along and play a friendly game of 500.

### Canasta Card Group

*Course code:* 19105  
 Location: Highett Neighbourhood House  
*Day/time:* Tuesday 10am Weekly  
*Starts:* 6-Feb *Ends:* 10-Dec  
**Alternate time:** Also Saturday 10am-12pm

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 (10am-12pm).

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:* 19108  
 Location: Brighton Courthouse  
*Day/time:* Friday 2pm-4pm Weekly  
*Starts:* 8-Feb *Ends:* 13-Dec  
**Notes:** Terms 1 and 4  
*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:* 19062  
 Location: Highett Neighbourhood House  
*Day/time:* Monday 10am-12pm Weekly  
*Starts:* 11-Feb *Ends:* 18-Mar  
*Tutor:* Lesley Bawden

*Course code:* 19063  
 Location: Highett Neighbourhood House  
*Day/time:* Monday 10am-12pm Weekly  
*Starts:* 7-Oct *Ends:* 4-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.

### Intermediate Bridge

*Course code:* 19118  
 Location: Brighton Courthouse  
*Day/time:* Thursday 10.30am Weekly  
*Starts:* 7-Feb *Ends:* 12-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:* 19122  
 Location: Brighton Courthouse  
*Day/time:* Monday 2pm-4pm Weekly  
*Starts:* 4-Feb *Ends:* 25-Nov  
 Tutors: Laurie Gwillim, Helen Lolatgis

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:* 19111  
 Location: Beaumaris Senior Centre  
*Day/time:* Tuesday 1.45pm Weekly  
*Starts:* 5-Feb *Ends:* 3-Dec  
*Tutors:* Joan Neyland, Verona Pirani

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 as our reference.

**Prerequisites:** Players need to have some knowledge of Mahjong as this is not a beginner's 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:* 19113  
 Location: Beaumaris Senior Centre  
*Day/time:* Wednesday 9.45am Weekly  
*Starts:* 6-Feb *Ends:* 27-Nov  
*Tutor:* Val Squires

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

## Scrabble

*Course code:* 19112  
 Location: Beaumaris Senior Centre  
*Day/time:* Wednesday 1.30pm-3.30pm Weekly  
*Starts:* 6-Feb *Ends:* 27-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 welcome.

## Social Bridge

*Course code:* 19013  
 Location: Brighton Courthouse  
*Day/time:* Monday 10am-12pm Weekly  
*Starts:* 4-Feb *Ends:* 9-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

### Eisenhower to Trump

*Course code:* 19080  
 Location: Beaumaris Senior Centre  
*Day/time:* Thursday 10.15am Weekly  
*Starts:* 7-Feb *Ends:* 28-Nov  
*Tutor:* David Hone

### Part A The Conservative Resurgence in the USA Part B Creation of Modern China.

This Modern History Course will look at politics and society of the USA in the last 40 years and then the rise of Modern China from late Imperial times to the CCP's remarkable transformation into a major player in the world market economy. The course will use a combination of power point presentation, videos, documents and discussions

### Genealogy - First Friday

*Course code:* 19070  
 Location: Beaumaris Senior Centre  
*Day/time:* Friday 10am-12pm Monthly  
*Starts:* 1-Feb *Ends:* 6-Dec  
*Tutor:* Robin Douglas

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

### Introduction to Genealogy - 3rd Friday

*Course code:* 19005  
 Location: Private Home  
*Day/time:* Friday 10am-12pm Monthly  
*Starts:* 15-Mar *Ends:* 15-Nov  
*Tutor:* Meredith Windust

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

## The Life & Works of Robert Law

*Course code:* 19052  
 Location: Brighton Courthouse  
*Day/time:* Tuesday 10am-12pm Weekly  
*Starts:* 2-Jul *Ends:* 9-Jul  
*Tutor:* Tony Aplin

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

## The Spread of Useful Knowledge in England

*Course code:* 19002  
 Location: Beaumaris Senior Centre  
*Day/time:* Wednesday 10.00am  
*Starts:* 6-Feb *Ends:* 27-Mar  
*Tutor:* Tony Georgeson

Colourful maps, persuasive pamphlets, illuminating books and edifying lectures. Charles Knight, Lord Brougham and others and their efforts to 'spread useful knowledge' to the disadvantaged classes of Victorian English Society.

Over the 8 weeks of Term 1 we describe the efforts of leading literary and political figures who recognised that change was necessary to avoid considerable social disorder in England. They believed that the lot of the Poor and Working Class would be improved through education.

## Languages

### Dutch Post-Beginners

*Course code:* 19003  
 Location: Beaumaris Senior Centre  
*Day/time:* Thursday 2pm-4pm Weekly  
*Starts:* 7-Feb *Ends:* 26-Dec  
*Tutor:* Femke Meyer

This course is for those with a basic knowledge of Dutch grammar and spelling. Emphasis will be placed on conversation so that participants can gain confidence in speaking the language. It is not suitable for beginners.

**Prerequisites:** Some knowledge of Dutch grammar and spelling.

## Everyday French & Culture

*Course code:* 19017

*Location:* Beaumaris Senior Centre

*Day/time:* Tuesday 10.15am Weekly

*Starts:* 5-Feb *Ends:* 10-Dec

*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 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:* 19018

*Location:* Beaumaris Senior Centre

*Day/time:* Tuesday 12.15pm Weekly

*Starts:* 5-Feb *Ends:* 10-Dec

*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:* 19116

*Location:* Beaumaris Senior Centre

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

*Starts:* 7-Feb *Ends:* 5-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:* 19044

*Location:* Brighton Courthouse

*Day/time:* Thursday 1pm Weekly

*Starts:* 7-Feb *Ends:* 5-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:* 19073

*Location:* Beaumaris Senior Centre

*Day/time:* Monday 11.30am-1.30pm Weekly

*Starts:* 11-Feb *Ends:* 2-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:* 19038

*Location:* Beaumaris Senior Centre

*Day/time:* Monday 11.30am Weekly

*Starts:* 4-Feb *Ends:* 2-Dec

*Tutor:* Faye Leader

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:* 19016

*Location:* Brighton Courthouse

*Day/time:* Tuesday 11am Weekly

*Starts:* 5-Feb *Ends:* 26-Nov

*Tutor:* Patricia Devine

Classes for people with some knowledge of French.

**French Conversations - Brighton**

*Course code:* 19019  
*Location:* Brighton Courthouse  
*Day/time:* Wednesday 10.30am Weekly  
*Starts:* 6-Feb *Ends:* 4-Dec  
*Tutor:* Sue Fitzgerald

Weekly conversations in French for fluent and semi-fluent speakers.

**French for Absolute Beginners (Continuing Class)**

*Course code:* 19004  
*Location:* Beaumaris Senior Centre  
*Day/time:* Friday 2pm-4pm Weekly  
*Starts:* 8-Feb *Ends:* 6-Dec  
*Tutor:* Patsy Morrison

Have fun learning to speak and understand everyday French. You will learn how to greet people, find your way around a French city, book a hotel and order a meal among other things. Take a look at French history and culture along the way.

We will cover basic French pronunciation, vocabulary and essential grammar at beginner level. Classes will be informal and involve a mix of teaching methods - mostly participatory, based on adult learning principles.

*Textbook:* Talk French 1 (Book/CD Pack): The ideal French course for absolute beginners (approx \$15). Patsy can order copies for students if required.

**Prerequisites:** At least one semester of a beginner's French class or a very basic knowledge of French.

**Italian - Intermediate Brighton**

*Course code:* 19119  
*Location:* Brighton Courthouse  
*Day/time:* Thursday 10.45am Weekly  
*Starts:* 7-Feb *Ends:* 28-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:* 19020  
*Location:* Beaumaris Senior Centre  
*Day/time:* Friday 12pm-2pm Weekly  
*Starts:* 8-Feb *Ends:* 13-Dec  
*Tutor:* Rosalba Platania

Students should have an intermediate knowledge of Italian grammar and vocabulary. We will continue through the 2 text books that we used in 2018. Currently we are half way through them. Revision of these same text books, conversation around the table about interesting topics that pop up. Homework will include written recounts in Italian. Anyone who finds Italian verbs a headache should not consider joining.

**Japanese Post-beginners**

*Course code:* 19133  
*Location:* Brighton Courthouse  
*Day/time:* Wednesday 10.30am Weekly  
*Starts:* 6-Feb *Ends:* 27-Nov  
*Tutor:* Emiko Yamamura

This is a course for people who have some Japanese and/or have taken a basic Japanese course. It is not for beginners. The emphasis will be on expanding conversation, vocabulary, and grammar. The idea is to have fun and learn at the same time.

**Russian Conversation - Intermediate**

*Course code:* 19101  
*Location:* Brighton Courthouse  
*Day/time:* Monday 10.30am Weekly  
*Starts:* 11-Feb *Ends:* 2-Dec  
*Tutor:* Bella Litvak

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

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

**Russian for Beginners**

*Course code:* 19092  
*Location:* Brighton Courthouse  
*Day/time:* Friday 10am Weekly  
*Starts:* 8-Feb *Ends:* 6-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:* 19117  
*Location:* Beaumaris Senior Centre  
*Day/time:* Tuesday 10am-12pm Weekly  
*Starts:* 5-Feb *Ends:* 3-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 have undertaken sometime in the past. It will contain the study of practical language for communication, some appropriate grammar, reading, writing and conversation.

## Literature and Writing

### Bayside Book Lovers - 2nd Friday Beaumaris

*Course code:* 19015

*Location:* Beaumaris Senior Centre

*Day/time:* Friday 10.15am Monthly

*Starts:* 8-Feb *Ends:* 8-Nov

*Tutor:* Marilyn Hubbard

This year we will read books from a selection made by the 2018 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:* 19025

*Location:* Brighton Senior Centre

*Day/time:* Friday 1pm Monthly

*Starts:* 15-Feb *Ends:* 15-Nov

*Tutor:* Sue Steele

This year we will read books from a selection made by the 2018 Book Lovers group. This will provide a range of books from classics to more recent publications. Participants will need to arrange access to or purchase of the books; there are no class sets.

Each month a book will be chosen and notes will be supplied with discussion to take place the following month. All BBL members will be encouraged to participate by leading a discussion with the support of other group members. Members will be given the list of books at the beginning of the year as well as suggestions for obtaining the books.

### Bayside U3A Writers Group

*Course code:* 19079

*Location:* Black Rock House

*Day/time:* Monday 9.45am Monthly

*Starts:* 4-Feb *Ends:* 2-Dec

*Tutor:* Cheryl Threadgold

An informal discussion group for writers to share and discuss material of all genres. Short stories, poetry, stage or radio plays and other styles of written works are discussed and work-shopped in a creative and supportive environment.

### Crime Night Book Club

*Course code:* 19053

*Location:* Brighton Courthouse

*Day/time:* Tuesday 7.30pm Monthly

*Starts:* 26-Feb *Ends:* 26-Nov

*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:* 19094

*Location:* Brighton Senior Centre

*Day/time:* Wednesday 12pm-2pm Weekly

*Starts:* 6-Feb *Ends:* 27-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.

### Henry Lawson meets Banjo Patterson

*Course code:* 19042

*Location:* Brighton Courthouse

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

*Starts:* 4-Feb *Ends:* 25-Feb

*Tutor:* Shirley Videion

There will be two sessions of Henry Lawson poems and two of Banjo Patterson. All participants will be provided with copies of the poems to be studied, taking turns to read a stanza. There will also be group discussion. The facilitator will endeavour to make the poems interesting and relevant to today for people who may not have a previous interest in poetry.

### Mentoring your Memoir

*Course code:* 19100

*Location:* Brighton Courthouse

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

*Starts:* 1-May *Ends:* 15-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 fact, coping with controversial issues and publishing.

**Prerequisites:** Uses Goldie's text Mentoring your Memoir

## Poetry Appreciation

Course code: 19041

Location: Beaumaris Senior Centre

Day/time: Tuesday 2.15pm Fortnightly

Starts: 12-Feb Ends: 10-Dec

Tutor: Vivienne Player

An opportunity to share with others, poetry that excites or delights you. We will look at the different forms of poetry from ballads to free verse, and at the universal themes that have inspired poets throughout the ages.

## Shakespeare Reading & Discussion

Course code: 19102

Location: Beaumaris Senior Centre

Day/time: Monday 2pm-4pm Weekly

Starts: 4-Feb Ends: 2-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.

## Write your Memoirs

Course code: 19056

Location: Black Rock Civic Hall

Day/time: Tuesday 11am Weekly

Starts: 5-Feb Ends: 26-Mar

Tutor: Geri Colson

An 8-week program of sessions in which we:

- Explore what is a memoir, compared to a biography
- Work out what type of memoir we would (individually) like to leave behind
- Start to plan the form of our memoir
- Think about who is our audience - immediate family or the broader sphere
- Decide on the form of our memoir, how is it going to look
- Work out the printing format and how to publish our memoir
- Will we include photos and what sort of front page should it have
- Finalise our project - either a short, intimate story for our children - or something more ambitious.

These sessions will not involve critical analysis of writing styles, but will provide a supportive environment in which participants will gain confidence to complete that project which has been tormenting them for years.

## Music

### Band Camp

Course code: 19087

Location: Brighton Senior Centre

Day/time: Tuesday 12pm Monthly

Starts: 6-Feb Ends: 4-Dec

Tutor: Paul Wadeson

Participants will be encouraged to get together and have fun by forming duos, trios or groups and playing music together. Participants will also be encouraged to prepare for an end of year performance for family, friends and Bayside U3A.

**Prerequisites:** Ability to play a musical instrument of any type (no matter how long ago). Bring your own musical instrument.

### Baytone Singers

Course code: 19012

Location: Beaumaris Senior Centre

Day/time: Tuesday 4pm Weekly

Starts: 5-Feb Ends: 26-Nov

Tutor: Jill Page

We welcome anyone who enjoys singing in a friendly, committed choral 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 new material. Baytone Singers is now a performance choir as we enjoy learning and rehearsing for concerts - as well as performing! Requirements include the purchase of a choir shirt (at the member's expense) to wear when performing and regular attendances when possible. We are very proud to wear our 'uniform' as this identifies our choir.

### Classical Music - History & Performance

#### 1650-1950

Course code: 19007

Location: Beaumaris Senior Centre

Day/time: Thursday 2pm-4pm Fortnightly

Starts: 7-Feb Ends: 28-Nov

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: 19008

Location: Beaumaris Senior Centre

Day/time: Thursday 2pm-4pm Fortnightly

Starts: 14-Feb Ends: 5-Dec

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.

## Modern Music - Melody & Meaning

Course code: 19060

Location: Private Home

Day/time: Tuesday 1.30pm Weekly

Starts: 16-Jul Ends: 24-Sep

Tutor: Greg Barnes

Based around Greg's extensive collection, the course aims to achieve a deeper appreciation of modern music by exploring lyrics, instrumental arrangements, and some of the network links and patterns that run between songwriters, artists and the industry generally - through the development of music from its folk, blues and pop roots. Each session will be a mix of listening to songs and discussion - a bit like 'book club' for music.

## Ukulele for Beginners

Course code: 19086

Location: Brighton Senior Centre

Day/time: Wednesday 2pm Weekly

Starts: 6-Feb Ends: 3 Apr

Tutor: Paul Wadeson

An introduction to the ukulele.

- Selecting and purchasing your first ukulele
- Tuning, strumming techniques and simple chords
- Instruction and assistance with learning how to play up to 20 songs and 12 chords from course notes.

**Prerequisites:** Students will be required to provide their own ukulele. If you do not already own one, the best time to purchase is after the first lesson (approx cost \$30 - \$90)

## Science

### Gardening - Fortnightly

Course code: 19109

Location: Brighton Senior Centre

Day/time: Wednesday 10am-12pm Fortnightly

Starts: 6-Feb Ends: 27-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.

### Genetic Genealogy - What can your DNA tell you?

Course code: 19055

Location: Brighton Courthouse

Day/time: Tuesday 2.15pm Weekly

Starts: 23-Apr Ends: 7-May

Tutor: Jan Brasch

The DNA 'craze' for genealogists began in 1997 and seems to have become almost a 'must do' if you are interested in tracing your ancestors. We will explore how and why DNA studies contribute to genealogy and look at when and how they can be used in building your own family tree. This will be demonstrated using real results and should enable you to decide whether or not participation in a DNA study would be worthwhile for you.

### Genetics - Past, Present & Future

Course code: 19054

Location: Brighton Courthouse

Day/time: Tuesday 2.15pm Weekly

Starts: 12-Feb Ends: 26-Mar

Tutor: Jan Brasch

Participants will develop a basic understanding of genetics, first defined in 1900 as the science of heredity. Since then genetics has had, and continues to have, a huge impact on all life sciences. During this course we will follow the historical development of genetics into the relatively new science and technology it is today, with an emphasis on human genetics and the way it is changing the management of health and disease. The class includes power point presentations and electronic (or paper) handouts which cover the most important material from each session.

## An Introduction to Human Histology

*Course code:* 19059

*Location:* Brighton Courthouse

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

*Starts:* 8-May *Ends:* 12-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.

## Nuclear Power: Yes or No?

*Course code:* 19051

*Location:* Brighton Courthouse

*Day/time:* Tuesday 12.45pm Weekly

*Starts:* 12-Feb *Ends:* 12-Mar

*Tutor:* Ian Suttie

This course is designed for people with no background in science who want to make sense of the conflicting claims of the pro-nuclear and anti-nuclear camps. We will look at what a nuclear power reactor is, how it works and its good and bad points.

## Physics

*Course code:* 19024

*Location:* Brighton Courthouse

*Day/time:* Monday 12pm Weekly

*Starts:* 11-Feb *Ends:* 2-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:* 19022

*Location:* Beaumaris Senior Centre

*Day/time:* Thursday 12pm Weekly

*Starts:* 7-Feb *Ends:* 28-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.

## EVENTS

### Friday 1<sup>st</sup> February at 11am - BU3A Opening Day

Join us at Brighton Courthouse for our annual opening day and welcome to new members. Light refreshment provided.

### Thursday 14<sup>th</sup> March at 12 noon - BU3A AGM

Our 2019 Annual General Meeting will be held at 12pm on Thursday 14 March at the Beaumaris Seniors Centre. Light lunch follows, all welcome.

### Sunday 14<sup>th</sup> April - Car Treasure Hunt

The first annual Bayside U3A Car Treasure Hunt. It involves teams of 2 to 4 people in cars arriving at a start point to receive instructions to follow a driving route. While driving the route, each team will seek answers to somewhat cryptic questions. It will take 3 to 4 hours of driving in an area near to Melbourne. There will be a BYO lunch at the end with the group, answer sheets are scored and a winning car is determined.

### Tuesday 5<sup>th</sup> November - Cup Day at BU3A

Mark the date in your calendar and watch for news about our upcoming 2019 Cup Day function.

### Thursday 5<sup>th</sup> December - Christmas Morning Tea

Make space in your diary for our annual Christmas Morning Tea.