



Whittlesea U3A Inc

2020 Courses

Produced 27 March 2020

The Whittlesea U3A Committee of Management given the City of Whittlesea directive has decided to start the Term 1 Break on Thursday 19th March and plan if permitted for Term 2 to commence on Monday 4th May.

There will be no scheduled classes during this period.

However, the Committee of Management is supportive of Tutors of exercise, outdoor activities and other classes that continue through term break to continue subject to the Tutor and class members agreeing to continue.

If any of these classes do continue DO NOT attend if you feel unwell or have cold or flu like symptoms.

The Whittlesea U3A office at 34 Robert St Lalor will be closed through the break but member support volunteers will be contactable on the phone numbers below.

Whittlesea U3A Inc Contact Details

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ART ACTIVITIES

203WED22: Creative Art

Type: Long Course

Dates: 05/02/2020 - 25/11/2020

Frequency: Weekly Course, Wed 1:00pm - 3:00pm

Location: Galada Community Centre 10A Forum Way, Epping North Tutor / Leader: Kiran Sindou

LOCATION: Galada Community Centre, 10A Forum Way, Epping North The Class meets at 1pm each Wednesday. REQUIREMENTS:: Each person attending must bring their own materials and Paper (according to Medium), Pencils, Acrylics, Watercolours, Oils, Pencils, Brushes. DESCRIPTION: There is a variety of Mediums being used and all are encouraged and appreciated by all attending. Everyone will get equal support and encouragement. We suggest a project every couple of months. As our name indicates, Creative Art A time and place where developing art skills and creativity while having fun. Where all can relax and enjoy the company therein.

204THU02: Art For Fun

Type: Long Course

Dates: 06/02/2020 - 26/11/2020

Frequency: Weekly Course, Thu 1:00pm - 3:00pm

Location: Jindi Community 48 Breadalbane Avenue, Mernda Tutor / Leader: Robyn Phillips

LOCATION: Jindi Family and Community Centre 48 Breadalbane Avenue Mernda (Melway 390 F11) The Class meets at 1pm each Thursday. REQUIREMENTS: Each person attending must bring their own materials and Paper (according to Medium), Pencils, Acrylics, Watercolours, Oils, Pencils, Brushes. DESCRIPTION: There is a variety of Mediums being used and all are encouraged and appreciated by all attending. Everyone will get equal support and encouragement. We suggest a project every couple of months. As our name indicates, "Art for Fun is just that. A time and place where FUN is the underlying factor; where all can relax and enjoy the company therein.

BUS TRIP

20BUS02: Bus Trip - Walhalla

Type: 1 day

Dates: 18/11/2020 - 18/11/2020

Frequency: 1 Day Course, Wed 7:30am - 6:30pm

Location: Epping Memorial Hall 827 High St Epping

Tutor / Leader: Sue Meers

LOCATION: Epping Memorial Hall, 827 High St, Epping Bus will depart Epping Memorial Hall at 7.30am SHARP and returning at 6:30pm BOOKINGS Members and Non- Members need to Pay at time of booking. COST MEMBERS: \$78.00 per person (Non- Refundable) NON- MEMBERS: \$83.00 per person (Non- Refundable) Payments must be made at Peter Lalor Office Campus 34 Robert Street Lalor, 3075 Tel. : 9464 1339 Bookings with payment to be received by WEDNESDAY 21st of OCTOBER, 2020

TRIP DETAILS: Discover the historic mountain township in Gippsland (stopping along the way for morning tea at Yarragon Village). Then take a ride on the Walhalla Goldfields Railway. We then enjoy a delicious BBQ lunch at the Walhalla's Miners Café. HISTORY: Founded as a goldmining district in 1863 it was home to over 4000 people, with today's residents being fewer than 20. Famous for Walhalla's long tunnel mine which operated between 1865 and 1914 it was Victoria's most profitable single mine. Here you will have a chance to wonder around the township and see the many of its buildings which have been restored to offer historic attractions. To begin your journey you will depart the Walhalla Heritage Precinct and travel through the station yard which lies between Stringers Creek and the cliff-face that underpins the Brunton's Bridge Road. After you leave the engine and carriage sheds behind the first kilometre and a half in almost entirely built over six large trestle bridges that criss-cross Stringers Creek Gorge in an effort to find anchorage for each bridge abutment. The train journey follows Stringers Creek to where it joins the Thomson River, then travels across the historic and spectacular Thomson River Bridge to arrive at Thomson Station where we will be met by our coach. Then board the coach, sit back and relax for our journey home.

COMPUTING

201MON08: Computer - EXCEL & More **Type: Long Course**

Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 10:30am - 12:30pm**

Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Ben Caruana**

LOCATION: Thomastown Library Computer Room 52 Main Street, Thomastown, Mel 8 G7 REQUIREMENTS: A USB stick, a note book, a pen DESCRIPTION: Term 1 - Basic EXCEL Course Term 2 - Advanced Basic EXCEL Course Terms 3 & 4 - Projects and Macros Terms 1 & 2 are structured courses teaching you basic EXCEL knowledge including formatting, formulas, graphs, etc. Term 3 & 4 Create projects using what you learn in Terms 1 & 2

COMPLETION OF BOTH EXCEL AND ADVANCED BASIC EXCEL and/or previous experience with EXCEL WOULD BE BENEFICIAL EXCEL & MORE is designed to enable you to put to practice what you have learnt in Terms 1 & 2, with additional knowledge being added as the need arises including introduction to macros. User Guides for all new areas introduced into the class will be provided. The class provides a fun learning experience where everyone is made to feel comfortable to participate in all aspects of the class

202TUE02: Laptop Windows **Type: Long Course**

Dates: 04/02/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 2:00pm - 4:00pm**

Location: Nick Ascenzo Centre 2 Boronia Avenue, Thomastown **Tutor / Leader: Kevin Whelan**

LOCATION: Nick Ascenzo Community Centre 2 Boronia Avenue (cnr Boronia and Alexander) Thomastown (Mel 9 B8). Plenty of parking. This is NOT a beginners class. REQUIREMENTS: Bring your laptop computer with Windows 10. DESCRIPTION: Topics covered will include - Win10 configuration - Use Email - File management - Internet browsing - Staying safe online - Backups

Students are encouraged to bring computer issues they may be having and share with the class.

202TUE09: Laptop Win 10 For Beginners **Type: Long Course**

Dates: 04/02/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 1:00pm - 3:00pm**

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: Kathy Lizio**

LOCATION: May Rd Campus, Senior Citizens Building, 2B May Rd, Lalor REQUIREMENTS: Laptop with WIN 10 & Mouse, Notebook & Pen, USB 4 or 8 GB. DESCRIPTION: The course covers Microsoft Word, Internet and Emails. You will also learn how to download photos from Cameras, Phones,iPads and more

202TUE20: Computer, iPhone, iPad Support **Type: Long Course**

Dates: 04/02/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 10:00am - 12:00noon**

Location: Whittlesea CAC 57-61 Laurel St, Whittlesea **Tutor / Leader: Beverley Moore**

LOCATION: Whittlesea Community Activity Centre, 57-61 Laurel St, Whittlesea REQUIREMENTS: Bring your own Laptop, iPhone or iPad. The leader will provide hands on support to assist members overcome problems being experienced with the use of their devices. Also, learn how to find a solution to the problem, to install software and how to use your devices. Attend a short time, have a cup of coffee

Drop in for an initial assessment and make a booking for a suitable time to address your issue.

203WED04: Computer Level 1 Including Internet **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 10:30am - 12:30pm**

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Kathy Lizio**

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 REQUIREMENTS: Basic Knowledge OF Computer & Internet Essential, 4GB USB Stick, Notebook & Pen. DESCRIPTION: Topics covered are- Windows word, Internet, Email You will also learn how to download photos from cameras and Phones

203WED05: Computer Level 2 Including Internet **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 1:00pm - 3:00pm**

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Kathy Lizio**

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 REQUIREMENTS: Basic Knowledge OF Computer & Internet Essential, 4GB USB Stick, Notebook & Pen. DESCRIPTION: Topics covered are Internet, Photos, how to download photos from Cameras, iPads, Phones, and General knowledge

203WED10: Computer - MS Office Word Beginners **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 1:00pm - 4:00pm**

Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Afroditi Toso**

LOCATION: Thomastown Library-Computer Room, 52 Main Street, Thomastown Mel 8 G 7 This class is for people with good knowledge of computers REQUIREMENTS: A laptop (WINDOWS OR APPLE), mouse, notebook and pen, USB stick. People with NO COMPUTER are still welcomed. They will use the Library's Computers. Bring your own cup if you will join the group for coffee

DESCRIPTION: In this course you will learn: * All the basic functions of MS WORD (Microsoft Office Application) * To develop documents, letters, tables * To add photos in your documents/emails * To develop Files and to save them in Folders * Learn all about the use and functions of programs * Learn about functions such printing, including attachments to emails and many more * Learn how to set up Emails if you wish After our lesson, we all enjoy a cup of coffee and a chat

203WED11: Apple iPHONE & iPAD **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 1:00pm - 3:00pm**

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Janice Boswell**

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 REQUIREMENTS: Bring either or both your iPHONE and iPAD. DESCRIPTION: Starting from the very basics - in this Iphone/iPad class we take it nice and slow as we introduce you to the wonderful things your iPhone and iPad can do. We cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and so much more.

203WED15: iPhone, iPad Self Help **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 10:00am - 12:00noon**

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Janice Boswell**

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 REQUIREMENTS: Bring along your iPHONE or your iPAD or both DESCRIPTION: Starting from the very Basics * Learn how to use your iPhone/iPad better * Help each other * Extend your knowledge with your iPhone/iPad We cover the buttons, switches and standard apps and so much more

204THU04: Technology and Computers for Seniors **Type: Long Course**

Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 10:30am - 12:30pm**

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Glen Wall**

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 REQUIREMENTS: Bring your own Laptop and notebook, USB Stick & Pen. OBJECTIVES: * To increase the awareness of available technology and how to use it * To support access to information on line * To connect to others with common interests * To keep up to date on the upgrades in Windows based applications and facilities.

DESCRIPTION: Participants in the class are encouraged to become involved in discussions about different computer topics such as: * Research on security issues * Developments in software and operating systems * Upgrades of different computer systems * Use of cloud storage systems * Developments of technological progress

204THU14: Computer,Android Tablet/Phone Help-Lalor **Type: Long Course**

Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 9:30am - 12:30pm**

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Shaun O'Brien**

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 REQUIREMENTS: Bring your own Laptop, Tablet Computer or Android phone (not iPHONE). DESCRIPTION: Hands on support will be provided to assist members overcome problems being experienced with the use of their devices. Also, learn how to find a solution to the problem, to install software and how to use your devices. All members will be consulted by appointment ONLY. Call the Office to make an appointment.

205FRI06: Computers Level 1 **Type: Long Course**

Dates: 07/02/2020 - 27/11/2020 **Frequency: Weekly Course, Fri 10:00am - 12:00noon**

Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Peter Rodaughan**

LOCATION: Thomastown Library, Main Road, Thomastown, Vic 3074 REQUIREMENTS: Bring a 4GB USB memory Stick, Notebook & Pen Basic Computer Knowledge DESCRIPTION: In this class you will learn: * Saving images from the internet * Changing file names * Creating new folders * Moving files / pictures into folders

205FRI07: Computer Very Basic - Total Beginners **Type: Short Course**

Dates: 07/02/2020 - 26/06/2020 **Frequency: Weekly Course, Fri 1:00pm - 3:00pm**

Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Afroditi Toso**

LOCATION:Thomastown Library-Computer Room 52 Main Street, Thomastown Mel 8 G7 This course is for those who have no knowledge of computers or minimum of it. REQUIREMENTS: A laptop (WINDOWS OR APPLE), mouse, notebook and pen, USB stick. People with NO COMPUTER are still welcomed. They will use the Library's Computers.

DESCRIPTION: In this course you will learn: * To operate the basic functions eg: turn on/off computer * Use the mouse * Learn about Software / Hardware * Learn all about the use and functions of programs * Learn about functions such as control panel, etc, and many more * Learn how to connect & use the Internet * Learn how to set up Emails if you wish

205FRI17: Computer,Android Tablet,Phone Help-Galad **Type: Long Course**

Dates: 07/02/2020 - 27/11/2020 **Frequency: Weekly Course, Fri 12:00noon - 2:00pm**

Location: Galada Community Centre 10A Forum Way, Epping North **Tutor / Leader: Beverley Moore**

LOCATION: Galada Community Centre, 10A Forum Way, Epping North Be Connected – Digital Literacy support for seniors REQUIREMENTS: Bring your own Laptop, Tablet Computer or Android phone (not iPHONE). DESCRIPTION: Hands on support will be provided to assist members overcome problems being experienced with the use of their devices. Also, learn how to find a solution to the problem, to install software and how to use your devices. All members will be consulted by appointment ONLY. Call the Office to make an appointment.

What is Be Connected? Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. We have online learning resources as well as a Network of community partners - the Be Connected Network - who offer in-person support so you can develop your digital skills and confidence. Find a local place for friendly help and advice, or join the Network to help others.

20COR01: EXCEL & MORE **Type: Short Course**

Dates: 20/04/2020 - 22/06/2020 **Frequency: Weekly Course, Mon 10:00am - 12:00noon**

Location: None **Tutor / Leader: Ben Caruana**

CRAFT

201MON05: Crochet

Type: Long Course

Dates: 03/02/2020 - 23/11/2020 Frequency: 1st, 3rd & 5th Monday of month, Mon 11:30am - 2:30pm

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Freda Delia

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 REQUIREMENTS: Require crochet hook and 4 ply wool The class runs on 1st, 3rd & 5th Monday.

Hi my name is Freda and I'm the leader of the Crochet class. The ladies who come to my class some are making baby blankets, scarves, granny squares and toys. Some of them are making jackets and hats for Charities. We all work at our own pace. It is a great group and we're enjoying having a chat and a laugh together

201MON06: Self Help Card Making

Type: Long Course

Dates: 03/02/2020 - 23/11/2020

Frequency: Weekly Course, Mon 11:30am - 2:30pm

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Judy Cleary

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 This class to run weekly 1st and 4th terms of the year, 2nd and 4th Monday of the month in 2nd and 3rd terms. REQUIREMENTS: Card, Scissors, Double Sided Tape & Glue All members need to supply their own materials such as cards, trims, embellishments, instructions

201MON09: Mosaics Beginners - Intermediate

Type: Long Course

Dates: 24/02/2020 - 30/11/2020 Frequency: Last Monday of The month, Mon 10:00am - 12:00noon

Location: Bunnings Edgars Rd & Cooper St Epping Tutor / Leader: Marlene Butera -Bunnings Staff

LOCATION: BUNNINGS WAREHOUSE, crn Edgars Rd & Cooper St, Epping 3076 Members attending this class MUST BE ABLE to USE THE TILE CUTTERS confidently The class be held on the last Monday of the Month at the Cooper Street Epping Store. NO ENROLMETS AFTER 2ND SESSION. Class will be closed after that NO CLASS DURING School Holidays DATES FOR CLASS: Feb 24, April 27, May 25, July 27, August 31, October 26 & November 30.

DESCRIPTION: Come and Learn how to be Creative using Mosaics. Members do not require any experience or equipment for this class. All members to meet outside the Cafe before entering the DIY area. Please wear your lanyard as this is held in a public area and Bunnings Staff must be able to identify members. Bunnings will supply equipment and tutor members on the use of Tile Cutter, Gluing & Grouting Tiles and any other functions that members will need to produce their article. Morning Tea will be provided free of charge. Develop Mosaic projects under the guidance of experienced staff. Members to buy their own materials if they want to develop their own project.

202TUE14: Self Help Jewellery

Type: Long Course

Dates: 11/02/2020 - 10/11/2020

Frequency: 2nd Tuesday of Month, Tue 10:00am - 12:00noon

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: To be advised

LOCATION: Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 The class will run on the 2ND Tuesday of the month. This is a SELF HELP CLASS. Members will help each other MATERIALS: All members are required to bring their own tools and materials

203WED07: Hand Sewing for Unfinished Projects

Type: Long Course

Dates: 15/01/2020 - 16/12/2020

Frequency: Weekly Course, Wed 11:00am - 1:30pm

Location: Mill Park Library 394 Plenty Rd, Mill Park Mill Park Tutor / Leader: Joh Griffin

LOCATION: This course will run weekly. DESCRIPTION: Bring your unfinished objects/projects of Sewing to complete them in a friendly and inclusive social environment

203WED09: Knitters Group

Type: Long Course

Dates: 05/02/2020 - 25/11/2020 Freq: 1st & 3rd Wednesday of month, Wed 10:00am - 12:00noon

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Diana Torcaso

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 This group meets on the 1st and 3rd Wednesday mornings of the month. REQUIREMENTS: Bring 2 balls of wool and size 4mm needles to the first session and your own cup. DESCRIPTION: The group is for knitters (experienced and learners). Come along and join a group who knit for charity. We send our knits to KOGO Group(Knit One Give One)who then pass it weekly onto 300 charities. We also knit for any group who needs special items.

Tea and coffee supplied. Donations of wool would be appreciated. Some wool will be supplied for charity knitting or bring your own requirements if knitting for yourself.

204THU17: Origami 3D (Golden Ventures folding)

Type: Long Course

Dates: 06/02/2020 - 26/11/2020

Frequency: Weekly Course, Thu 1:00pm - 3:00pm

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor

Tutor / Leader: Phu Phan

LOCATION: Peter Lalor Campus, 34 Robert St, Lalor 3075 Origami is the art of paper cutting and folding. REQUIREMENTS: A4 sheets of paper 2 different colours, eg: Black and white or colour of choice, Small knife, eg: Stanley knife or retractable blade knife, scissors, glue and cutting board (size of a bread board) DESCRIPTION: 3D Origami or Golden Venture Folding, also known as Chinese Paper Folding is a type of modular origami. Models are made by folding hundreds of small triangles from different colours of paper and interlocking them together. Class open for all members who are keen on this folding paper art and challenge their patience.

HISTORY OF 3D ORIGAMI: According to documents issued in 2006 In 1993, a group of 286 Chinese men and women tried to enter the US illegally on a large cargo ship known as Golden Venture. There were 10 people drowned in their escape attempt. When the survivors reached the US, they were taken into custody by the Immigration and Naturalization Service (INS) and detained while they applied for the right of asylum. Many ended up the year there for the processing of their cases. To help pass the time, they began making elaborate paper sculptures for fundraising and to be given as gifts to the people who were working to help the refugees gain their freedom. The models created by the Golden Venture refugees were shown in a 2001 exhibit title "Fly to Freedom" organized by the Museum of Chinese in New York City, America.

205FRI03: Busy Hands Circle

Type: Long Course

Dates: 07/02/2020 - 27/11/2020

Frequency: Weekly Course, Fri 9:30am - 11:30am

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Federica Bordin

LOCATION: Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 DESCRIPTION:In this class we all finish our unfinished projects (sewing, quilting, patchwork, embroidery, knitting, crochet) and we have fun as well

205FRI04: Card Making -Instructional & Self Help

Type: Long Course

Dates: 07/02/2020 - 27/11/2020

Frequency: Weekly Course, Fri 9:30am - 11:30am

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Maureen Hawken

LOCATION: Peter Lalor Campus, 34 Robert St opp Ryder Street, Lalor WHILE MAUREEN WILL BE AWAY, CHRISTINE CZERNY WILL UNDERTAKE THE CLASS COST: \$3.00 as Tutor Provides the design, the die-cuts, patterns, templates. Cost might be lower if members do one instructional card As the class is Self Help as well, members need to bring their own materials. NO NEED TO PAY \$3.00 if you do your own thing REQUIREMENTS: Participants need to bring along their card making essentials DESCRIPTION: Two Greeting Cards are designed by leader for each 2 hour session and detailed instructions are provided.

Types of Cards: Folding, Irish, Layering Papers, Birthday, Christmas

MULTICULTURAL ACTIVITIES- INFORMATION

201MON18: Multicultural Community Profiles WCLN

Type: Long Course

Dates: 24/02/2020 - 23/11/2020

Frequency: Last Monday of The month, Mon 6:30pm - 8:45pm

Location: Whittlesea Council offices 25 Ferres Boulevard South Morang Tutor / Leader: Joe Felice

LOCATION: WCLN Whittlesea Community Leadership Network Council offices 25 Ferres Boulevard South Morang Fountain View Room- City Of Whittlesea Civic Centre (Town Hall) 25 Ferres Blvd South Morang 3752. Class will be on the Last Monday of the Month Light Meal Provided courtesy of the City Of Whittlesea Multicultural Team.

Each presentation will provide a profile of Culturally and Linguistically Diverse Community (CALD). The profile will include an overview of the country of origin, History, Language, Food, Traditional Costume, Festivals, Migration to Australia, Community Members in City of Whittlesea. Membership of Whittlesea Community Leadership Network (WCLN) which is a collaboration partner of WU3A is encouraged to assist WCLN with its community capacity building programs.

204THU23: Middle Eastern Cultural Awareness

Type: Long Course

Dates: 06/02/2020 - 26/11/2020

Frequency: Weekly Course, Thu 4:00pm - 6:00pm

Location: Peter Lalor Campus 34 Robert St opp Ryder St Lalor Tutor / Leader: Dawood Sammour

LOCATION: Peter Lalor Campus, 34 Robert St opp Ryder Street, Lalor OBJECTIVE: To share cultural experiences through discussion. DESCRIPTION: This is part of the WU3A cultural awareness program. Dr Dawood Sammour who has experienced life in Palestine, Jordan and Australia.

205FRI14: Bhutanese Cultural Exchange

Type: Long Course

Dates: 07/02/2020 - 27/11/2020

Frequency: Weekly Course, Fri 10:00am - 12:00noon

Location: Aitken Hill Community 40 Waterview Blvd Craigieburn Tutor / Leader: Parsu Budathoki

LOCATION: Aitken Hill Community Centre 40 Waterview Boulevard, Craigieburn, 3047 DESCRIPTION: Activities include a mix of storytelling/sharing, Tai Chi Origami and others as requested/suggested by participants.

DANCING

201MON19: Line Dancing for Exercise **Type: Long Course**

Dates: 20/01/2020 - 14/12/2020 **Frequency: Weekly Course, Mon 2:30pm - 3:30pm**

Location: French St Hall 47a French Street, Lalor **Tutor / Leader: Elaine Bateman**

LOCATION: French St Hall, 47a French Street, Lalor REQUIREMENTS: Wear suitable shoes. DESCRIPTION: Line dancing for beginner/intermediate level. Would be helpful to know basic steps and some knowledge of line dancing.

203WED02: Easy Intermediate Line Dancing **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 10:00am - 11:15am**

Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Pauline Morrow**

LOCATION: Epping Memorial Hall Main hall High street Epping Mel 182 B9 DESCRIPTION: Knowledge of terminology needed A Line Dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows in the same direction, and executing the steps at the same time.

204THU19: Line Dancing Social Night **Type: Long Course**

Dates: 13/02/2020 - 12/11/2020 **Frequency: 2nd Thurs of the Month, Thu 6:30pm - 8:30pm**

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: Elaine Bateman**

LOCATION: May Rd Senior Citizens Centre, 2b May Rd, Lalor THIS CLASS RUNS MONTHLY, THE 2ND THURSDAY OF EVERY MONTH ONLY Except School Holidays

205FRI01: Line Dancing Total Beginners **Type: Long Course**

Dates: 17/01/2020 - 18/12/2020 **Frequency: Weekly Course, Fri 9:15am - 9:45am**

Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Elaine Bateman**

LOCATION: Epping Memorial Hall, 827 High St, Epping 3076 WILL NOT RUN IN SCHOOL HOLIDAYS
REQUIREMENTS: Wear comfortable shoes. DESCRIPTION: Basic dances, will include a breakdown and explanation of dance steps. No experience needed.

205FRI02: Line Dancing - Level 1 **Type: Long Course**

Dates: 17/01/2020 - 18/12/2020 **Frequency: Weekly Course, Fri 9:45am - 10:45am**

Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Elaine Bateman**

LOCATION: Epping Memorial Hall, 827 High St, Epping 3076 WILL NOT RUN IN SCHOOL HOLIDAYS Easy
Beginners Dances. Wear Comfortable NON SLIPPERY shoes

205FRI05: Line Dancing - Level 2 **Type: Long Course**

Dates: 17/01/2020 - 18/12/2020 **Frequency: Weekly Course, Fri 11:00am - 12:00noon**

Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Elaine Bateman**

LOCATION: Epping Memorial Hall, 827 High St, Epping 3076 WILL NOT RUN IN SCHOOL HOLIDAYS Easy
Intermediate Dances. Wear Comfortable NON SLIPPERY Shoes

205FRI11: Tap Dancing for Beginners **Type: Long Course**

Dates: 17/01/2020 - 18/12/2020 **Frequency: Weekly Course, Fri 12:00noon - 1:00pm**

Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Lyn Brandon**

LOCATION: Epping Memorial Hall, 827 High St, Epping REQUIREMENTS: Tap shoes would be preferable
DESCRIPTION: Very basic tap dancing for beginners. No previous experience necessary.

207SUN06: Line Dancing Social No 2 **Type: 1 day**
Dates: 26/04/2020 - 26/04/2020 **Frequency: 1 Day Course, Sun 1:00pm - 4:00pm**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Elaine Bateman**
LOCATION: Epping Memorial Hall, 827 High St, Epping DESCRIPTION: A Social afternoon of Line Dancing
Please bring a plate to Share COST: A Gold Coin for members & \$5.00 for NON-Members to cover costs

207SUN07: Line Dancing Social No 3 **Type: 1 day**
Dates: 21/06/2020 - 21/06/2020 **Frequency: 1 Day Course, Sun 1:00pm - 4:00pm**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Elaine Bateman**
LOCATION: Epping Memorial Hall, 827 High St, Epping DESCRIPTION: A Social afternoon of Line Dancing
Please bring a plate to Share COST: A Gold Coin for members & \$5.00 for NON-Members to cover costs

207SUN08: Line Dancing Social No 4 **Type: 1 day**
Dates: 30/08/2020 - 30/08/2020 **Frequency: 1 Day Course, Sun 1:00pm - 4:00pm**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Elaine Bateman**
LOCATION: Epping Memorial Hall, 827 High St, Epping DESCRIPTION: A Social afternoon of Line Dancing
Please bring a plate to Share COST: A Gold Coin for members & \$5.00 for NON-Members to cover costs

207SUN09: Line Dancing Social No 5 **Type: 1 day**
Dates: 25/10/2020 - 25/10/2020 **Frequency: 1 Day Course, Sun 1:00pm - 4:00pm**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Elaine Bateman**
LOCATION: Epping Memorial Hall, 827 High St, Epping DESCRIPTION: A Social afternoon of Line Dancing
Please bring a plate to Share COST: A Gold Coin for members & \$5.00 for NON-Members to cover costs

EXERCISE

201MON04: Exercises

Type: Long inc school hols

Dates: 20/01/2020 - 21/12/2020

Frequency: Weekly Course, Mon 1:15pm - 2:15pm

Location: French St Hall 47a French Street, Lalor

Tutor / Leader: Ida Tipping

LOCATION: French Street Hall, 47A French St, Lalor VIC 3075 Note: Sessions Continue Through School Holidays. REQUIREMENTS: Casual Clothing, dumbell, ball, hand/ankle weights (optional). DESCRIPTION: Easy way to better fitness. Class is suitable for all ages and degree of fitness and body limitations. Based on her experience on rehabilitation Physiotherapist Ida offers supervised exercises that are different and suitable for all levels of fitness in a happy and friendly group atmosphere.

AIM: We aim to improve breathing, balance, muscular strength, endurance, rhythm and mood Bring your will and we will do the rest During Ida's absence CATHY GATT & DORIS FELLOWS undertake the class

202TUE08: Water Aerobics - Thomastown

Type: Long inc school hols

Dates: 07/01/2020 - 22/12/2020

Frequency: Weekly Course, Tue 10:15am - 11:15am

Location: Thomastown Recreation Activity 52 Main Street Thomastown Tutor / Leader: TRAC Staff

LOCATION: Thomastown Recreation Activity Centre 52 Main Street Thomastown Mel 8G7 COST: LEAP & U3A Members \$6.50. WHITTLESEA U3A ID TAG NEEDS TO BE PRESENTED AT ALL TIMES REQUIREMENTS: Swimming Costume & Towel.

203WED06: Exercises for Healthy Ageing

Type: Long inc school hols

Dates: 15/01/2020 - 17/12/2020

Frequency: Weekly Course, Wed 2:15pm - 3:15pm

Location: Thomastown Library 52 Main Street, Thomastown

Tutor / Leader: Ida Tipping

LOCATION: Thomastown Library, Community Room 52, Main Street Thomastown, Mel 8 G7 Note: Sessions Continue Through School Holidays. REQUIREMENTS: Casual Clothing dumbell, ball, hand / ankle weights (optional). DESCRIPTION: Easy way to better fitness. Class is suitable for all ages and degree of fitness and body limitations. Based on her experience on rehabilitation Physiotherapist Ida offers supervised exercises that are different and suitable for all levels of fitness in a happy and friendly group atmosphere. The Wednesday class is an extension to Monday class. Classes work out always include ways of coping with body changes due to ageing or individual needs.

AIM: We aim to improve breathing, balance, muscular strength, endurance, rhythm and mood We work on different muscle chains aiming into improving strength endurance flexibility balance and proper breathing. Bring your will and we will do the rest After our exercise, we invite you for coffee and chat During Ida's absence GLORIA MASON undertakes the class

204THU21: Water Aerobics at Thomastown

Type: Long inc school hols

Dates: 02/01/2020 - 24/12/2020

Frequency: Weekly Course, Thu 10:15am - 11:15am

Location: Thomastown Recreation Activity 52 Main Street Thomastown Tutor / Leader: TRAC Staff

LOCATION: Thomastown Recreation Activity Centre, 52 Main Street Thomastown Mel 8G7 COST: U3A Members Currently \$6.50. WHITTLESEA U3A ID TAG NEEDS TO BE PRESENTED AT ALL TIMES REQUIREMENTS: Swimming Costume & Towel.

204THU22: Exercise for Healthy Living - Lalor

Type: Long Course

Dates: 06/02/2020 - 26/11/2020

Frequency: Weekly Course, Thu 11:00am - 12:00noon

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor

Tutor / Leader: Kumar Chandrakumar

LOCATION: May Rd Campus, Senior Citizen's Building (behind Lalor Library), 2b May Rd, Lalor REQUIREMENTS: Shoes and loose clothes suitable for exercise, exercise mat DESCRIPTION: The class is designed to develop for class participants an exercise regime suitable to supporting a healthy living lifestyle.

204THU30: Exercise for Healthy Living Laurimar CAC **Type: Long Course**
Dates: 16/04/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 9:30am - 10:30am**
Location: Laurimar CAC 110 Hazel Glen Drive Doreen Tutor / Leader: RMIT Applied Health Clusters
LOCATION: Laurimar Community Activity Centre, 110 Hazel Glen Drive Doreen REQUIREMENTS: Shoes and loose clothes suitable for exercise, exercise mat DESCRIPTION: The class is designed to develop for class participants an exercise regime suitable to supporting a healthy living lifestyle.

205FRI13: Chair Exercises **Type: Long Course**
Dates: 07/02/2020 - 27/11/2020 **Frequency: Weekly Course, Fri 1:30pm - 2:30pm**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Margaret Cassidy**
LOCATION: Epping Memorial Hall, 827 High St, Epping

GAMES

201MON02: Scrabble

Type: Long inc school hols

Dates: 03/02/2020 - 21/12/2020

Frequency: Weekly Course, Mon 12:30pm - 3:30pm

Location: Mill Park Comm Hse Blamey Avenue/ Mill Park Dve Mill Park Tutor / Leader: Joan Delbridge

LOCATION: Mill Park Community House, Blamey Avenue, Mill Park DESCRIPTION: Having a way with words. Sessions will continue through the School holidays on arrangement with tutor

201MON03: Canasta / Samba Cards

Type: Long inc school hols

Dates: 13/01/2020 - 14/12/2020

Frequency: Weekly Course, Mon 12:00noon - 3:00pm

Location: Thomastown Library 52 Main Street, Thomastown Tutor / Leader: Florence Majewski

LOCATION: Thomastown Library, Community Room 2, 52 Main Street Thomastown, Mel 8 G7 Sessions will continue through the School holidays. DESCRIPTION: Samba card game is closely related to Canasta, but introduces a couple of variations that make the game much more enjoyable.

201MON31: Cards 500 - Laurimar

Type: None

Dates: 03/02/2020 - 30/11/2020

Frequency: Weekly Course, Mon 1:00pm - 3:00pm

Location: Laurimar Community Activity Ce 110 Hazel Glen Drive Doreen Tutor / Leader: David Ross

LOCATION: Laurimar Community Activity Centre, 110 Hazel Glen Drive, Doreen Classes continue through School Holidays. DESCRIPTION: 500 or five hundred, is now the national card game of Australia. Also called bid Euchre (but not to be confused with another game of the same name) is a trick-taking game that is an extension of euchre with some ideas from bridge. For two to six players, it is most commonly played by four players in partnerships. 500 is a social card game. HISTORY: It arose in America before 1900 and was promoted by the United States Playing Card Company, which copyrighted and marketed the rules in 1904. It has been taught through six generations community-wide, and in other countries: Australia, New Zealand, Canada (Quebec) and Shetland.

202TUE01: Mah-Jong

Type: Long inc school hols

Dates: 14/01/2020 - 15/12/2020

Frequency: Weekly Course, Tue 10:00am - 12:00noon

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Fredman Law

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 Mah-Jong continues through the school holidays.

202TUE06: Cards 500 - Mill Park

Type: Long Course

Dates: 07/01/2020 - 15/12/2020

Frequency: Weekly Course, Tue 12:00noon - 3:00pm

Location: Mill Park Library 394 Plenty Rd, Mill Park Mill Park Tutor / Leader: Alby Griffin

LOCATION: Classes continue through School Holidays. DESCRIPTION: We have group sessions of talking and joking while playing cards

202TUE13: Chess with Darebin U3A

Type: Long Course

Dates: 04/02/2020 - 24/11/2020

Frequency: Weekly Course, Tue 2:00pm - 5:30pm

Location: E Preston Snr Citizens Donald Street E Preston Tutor / Leader: Graeme Nicholls - Darebin

THIS IS A JOINT ACTIVITY BETWEEN WHITTLESEA U3A AND DAREBIN U3A Beginners welcome as well as experienced players. LOCATION: East Preston Senior Citizens, Donald Street, East Preston AIM: * To help you play chess well enough to enjoy it. * Learn the object of the game, piece movements and captures, mobility and piece values: how to read moves, openings, middle and end games, combination and tactics. method and planning. * Get lasting pleasure from the unending variety and beauty of Chess. For appreciation, games from chess history are replayed.

BENEFITS: Delays the ageing of our brains by forcing us to use them. Play the noblest and most popular board game in the world.

202TUE16: Cards 500 - Lalor **Type: Long inc school hols**
Dates: 14/01/2020 - 15/12/2020 **Frequency: Weekly Course, Tue 12:30pm - 3:30pm**
Location: Private location **Tutor / Leader: Tyrone Dark**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 These sessions continue through School Holidays. DESCRIPTION: This class plays Cards 500 in a friendly atmosphere. We welcome learners and experienced players

202TUE21: Snooker **Type: Long Course**
Dates: 04/02/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 1:00pm - 3:00pm**
Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: John Kolonis**
LOCATION: May Rd Campus, Senior Citizens Centre, 2b May Road Lalor

203WED21: Chess - Develop Skills **Type: Long Course**
Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 1:00pm - 4:00pm**
Location: Galada Community Centre 10A Forum Way, Epping North **Tutor / Leader: John Kolonis**
LOCATION: Galada Community Centre, 10A Forum Way, Epping North Beginners welcome as well as experienced players. AIM: * To help you play chess well enough to enjoy it. * Learn the object of the game, piece movements and captures, mobility and piece values: how to read moves, openings, middle and end games, combination and tactics. method and planning. * Get lasting pleasure from the unending variety and beauty of Chess. For appreciation, games from chess history are replayed. BENEFITS: Delays the ageing of our brains by forcing us to use them. Play the noblest and most popular board game in the world.

204THU08: Games Night - Rummikub **Type: Long Course**
Dates: 13/02/2020 - 12/11/2020 **Frequency: 2nd Thurs of the Month, Thu 6:00pm - 8:30pm**
Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: Kathy Lizio**
LOCATION: May Rd Campus, Senior Citizens Club, Main Hall, 2b May Road, Lalor, Mel 8 K 6 Group meets the 2nd Thursday Of the Month DESCRIPTION: Bring A Plate For Supper. This is a games night where we make up teams and play Rummikub

204THU25: Table Games Afternoon **Type: None**
Dates: 06/02/2020 - 05/11/2020 **Frequency: 1st Thursday of Month, Thu 12:30pm - 2:30pm**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Mary Renshaw**
LOCATION: Peter Lalor Campus Library, 34 Robert Street, Vic 3075 DESCRIPTION: Come and enjoy a quiet and fun afternoon to play Table Games such Rummikub, Monopoly, Uno. The games are easy to learn. We'll teach each other, have a coffee and chat while stimulating our brains as well

204THU29: Solving Jigsaw Puzzles **Type: Long Course**
Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 1:00pm - 4:00pm**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Jawad El Tarifi**
LOCATION: Peter Lalor Campus, 34 Robert Street, Lalor 3075 DESCRIPTION: There's a quiet movement going on, and it doesn't involve apps, data or the latest fad. Following the lead of vinyl record albums, colouring books and traditional board games, jigsaw puzzles are seeing a resurgence in popularity. BENEFITS: Doing jigsaw puzzles is good for your mind, body and spirit. Jigsaw puzzles exercise both sides of brain. Jigsaw puzzles can improve your short-term memory, improve your visual-spatial reasoning, they are a great meditation tool and stress reliever. Jigsaw puzzles are a great way to connect with family and friends

HEALTH and WELL BEING

201MON13: Beginners Tai Chi

Type: Long inc school hols

Dates: 20/01/2020 - 21/12/2020

Frequency: Weekly Course, Mon 9:00am - 10:00am

Location: French St Hall 47a French Street, Lalor

Tutor / Leader: Phu Phan

LOCATION: French Street Hall, 47A French St, Lalor VIC 3075 This class runs through School Holidays & Public Holidays From FEBRUARY to NOVEMBER the class will run ONLY the 2,3,4 & 5th Monday of each month

Class will cover: • Badunjin Qigong • Tai Chi Yang 10 form movements Health Benefits - Reducing stress and anxiety - Headache relief, Balance and stability, - Reduced bone loss and fractures. - Blood pressure, - Heart health - Aging - Osteoarthritis

201MON16: Yang Tai Chi 24 Form

Type: Long inc school hols

Dates: 20/01/2020 - 21/12/2020

Frequency: Weekly Course, Mon 10:15am - 11:15am

Location: French St Hall 47a French Street, Lalor

Tutor / Leader: Phu Phan

LOCATION: French Street Hall, 47A French St, Lalor VIC 3075 The class will run through School Holidays & Public Holidays From FEBRUARY to NOVEMBER the class will run ONLY the 2,3,4 & 5th Monday of each month

DESCRIPTION: Beginners welcome. Class will cover Qigong: 8 pices of the brocade and Yang tai chi 24 form.

201MON17: Wu Tao Dance with Meditation

Type: Long Course

Dates: 03/02/2020 - 23/11/2020

Frequency: Weekly Course, Mon 1:30pm - 2:45pm

Location: Riverside Community 8 Doreen Rogan Way Sth Morang Tutor / Leader: Maria Veerasamy

LOCATION: Riverside Community Main Room Doreen Rogan Way South Morang Mel 183 G12. Similar to Tai Chi, a very gentle form of exercise REQUIREMENTS: Participants to wear comfy clothing and shoes. Bring bottle of water to drink. A yoga mat or a bath towel.

DESCRIPTION: Wu Tao is a dance meditation practice done in Music that balances and harmonises Qi (the life force energy) in the body. Wu Tao is a gentle and effective form of exercise for people with movement restrictions or other physical challenges

201MON20: Tai Chi Sword and Fan for Health

Type: Long Course

Dates: 20/01/2020 - 21/12/2020

Frequency: Weekly Course, Mon 11:30am - 12:30pm

Location: French St Hall 47a French Street, Lalor

Tutor / Leader: Phu Phan

LOCATION: Lalor Learning Centre, French Street Hall, 47a French Street, Lalor 3075 From FEBRUARY to NOVEMBER the class will run ONLY the 2,3,4 & 5th Monday of each month MEMBERS NEED TO PURCHASE THEIR OWN SWORDS OR FAN Non Members to pay \$2.00 per session REQUIREMENTS: Comfortable clothing, shoes and buckets load of patience. Tai Chi sword or fan is not too vigorous, it is suitable for seniors. Beginners are always welcome.

DESCRIPTION: This is a class open to all members who wish to further extend their knowledge in the Art of Tai Chi and also to enhance their skills. These forms include learning how to hold a sword or fan. To start with, we just need the sword. To make it easy, our tutor, Phu is happy to order the sword for anyone who would like to purchase their sword. Cost: \$12.00 CLASS WILL COVER: - Tai Chi Sword Yang 32 form - Tai Chi Fan 52 form - Tai Chi Fan 56 form - Tai Chi Fan 18 form - Tai Chi sword 42 form (competition form) HEALTH BENEFITS 1) Reducing stress and anxiety 2) Headache relief, Balance and stability, 3) Reduced bone loss and fractures. 4) Blood pressure, 5) Heart health 6) Aging 7) Osteoarthritis

201MON21: Falls Prevention

Type: 1 day

Dates: 07/09/2020 - 07/09/2020

Frequency: 1 Day Course, Mon 10:00am - 11:30am

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor

Tutor / Leader: Bolton Clarke

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075

201MON22: Master your Mind **Type: 1 day**
Dates: 19/10/2020 - 19/10/2020 **Frequency: 1 Day Course, Mon 10:00am - 11:30am**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bolton Clarke**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075

201MON23: Healthy Skin **Type: 1 day**
Dates: 27/04/2020 - 27/04/2020 **Frequency: 1 Day Course, Mon 10:00am - 11:30am**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bolton Clarke**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 Sponsored by Independence Australia

201MON25: Healthy Bladder **Type: 1 day**
Dates: 15/06/2020 - 15/06/2020 **Frequency: 1 Day Course, Mon 10:00am - 11:30am**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bolton Clarke**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 Sponsored by TENA

201MON26: Healthy Eating & Nutrition **Type: 1 day**
Dates: 20/07/2020 - 20/07/2020 **Frequency: 1 Day Course, Mon 10:00am - 11:30am**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bolton Clarke**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 Sponsored by Maggie Beer Foundation

201MON27: Healthy Brain, Healthy Body **Type: 1 day**
Dates: 17/08/2020 - 17/08/2020 **Frequency: 1 Day Course, Mon 10:00am - 11:30am**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bolton Clarke**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075

202TUE03: Tai-Chi Advanced Level **Type: Long Course**
Dates: 04/02/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 2:00pm - 3:00pm**
Location: Riverside Community 8 Doreen Rogan Way South Morang **Tutor / Leader: Peter Edmonds**
LOCATION: Riverside Community Centre Main Room 8 Doreen Rogan Way South Morang. Mel 183 G12
REQUIREMENTS: Basic Knowledge of Tai Chi.

202TUE10: Tai Chi Beginners Level **Type: Long Course**
Dates: 04/02/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 1:00pm - 2:00pm**
Location: Riverside Community 8 Doreen Rogan Way Sth Morang **Tutor / Leader: Maureen Mengchen Xu**
LOCATION: Riverside Community Centre Main Room 8 Doreen Rogan Way South Morang Mel 183 G12 Every Tuesday. **DESCRIPTION:** Tai Chi is a form of exercise whereby a sequence of movements are performed slowly in a flowing relaxed manner. In this class you will do: - Warm Up exercises - 8 Forms Qi Gong (life energy exercise) -10 Forms and 24 Forms Yang Style Tai Chi
BENEFITS: 1) Improve Balancing and Coordinations 2) Improves Mental Concentration and Alertness 3) Promotes Healthy Physical and Mental Well Being

203WED17: Yoga - Brookwood **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 10:00am - 11:30am**

Location: Brookwood Community 25 Hazel Glen Dr Doreen **Tutor / Leader: Bren Fisher-Stamp**

LOCATION: Brookwood Community Centre, 25 Hazel Glen Dve, Doreen DESCRIPTION: A gentle and soft yoga practice, which includes stretching, some pranayama or breathing exercises, asanas or yoga postures and finishes with a relaxation. Yogic philosophy is incorporated throughout the class as is the practice of mindfulness. Each week we start a new one on the mat, where ever we are – physically, emotionally, mentally and spiritually, and aim to bring this into our daily lives. Gita Style Hatha Yoga, A class suited for everybody, as you start where you are, and so accommodates all levels from sitting in a chair, intermediate or advanced.

204THU03: Gentle Yoga for Seniors **Type: Long Course**

Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 9:30am - 10:45am**

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: Alma Kristensen**

LOCATION: May Rd Campus, Senior Citizens Club, Main Hall, May Road, Lalor, Mel 8 K6 REQUIREMENTS: Wear Comfortable clothing, Bring a Yoga Mat, Yoga Block, Yoga Bell, pillows and blankets if needed & Water Bottle. AIM: To explore and learn about yoga and its benefits on all levels of being. Promotes general health and wellbeing through the regular practice of a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self inquiry and meditation.

DESCRIPTION: Classes include asana, pranayama, relaxation, meditation. It is a class for seniors but in case of health and fitness concern, do consult your health professional Yoga is an approach to life that values appropriate effort, based on balance and harmony, within each person and with each other.

204THU13: Beginners Tai Chi for Health **Type: Long Course**

Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 2:00pm - 3:00pm**

Location: Brookwood Community Centre 25 Hazel Glen Dr Doreen **Tutor / Leader: Maria Veerasamy**

LOCATION: Brookwood Community Centre, 25 Hazel Glen Drive, Doreen Mel 391 G6 Beginners Only. DESCRIPTION: Tai Chi originated in China. It is an effective exercise for health of mind and body. It consists of stretching movements in a slow and gentle way. Studies have shown that Tai Chi can help improve conditions such as arthritis, heart disease, diabetes and other chronic illnesses.

205FRI08: Tai Chi **Type: Long Course**

Dates: 07/02/2020 - 27/11/2020 **Frequency: Weekly Course, Fri 12:30pm - 2:00pm**

Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Teresa Wong**

LOCATION: Thomastown Library Community Room 1 52 Main Street Thomastown Mel 8 G7 REQUIREMENT: Casual Clothing CRITERIA: Patience with oneself to learn in a warm and encouraging environment

DESCRIPTION: In this class we follow the 140 Movements Form handed down from the Grand Master Wang Shu-Jin (1904-1981) We warm up with the 18 step Qigong before we practice the tai Chi form. To finish, we cool down with Meditation and self healing as we visualise our "Chi" flowing throughout our body to invigorate growth, metabolism, regeneration and repair of our body

205FRI09: Beginners Yoga **Type: Long Course**

Dates: 07/02/2020 - 27/11/2020 **Frequency: Weekly Course, Fri 9:30am - 11:00am**

Location: Community Activity Centre 70 Mernda Village Drive, Mernda **Tutor / Leader: Ann Bellofiore**

LOCATION: Mernda Village C A C Meeting Room. 75 Mernda Village Drive, Mernda. REQUIREMENTS: Exercise Clothing Yoga Mat & Water Bottle.

DESCRIPTIONS: Yoga cultivates health and wellbeing (physical, emotional, mental and social) through the regular practice of a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self inquiry and meditation. Yoga is an approach to life that values appropriate effort, based on balance and harmony, within each person and with each other. Gentle Yoga Stretches

HOBBIES

201MON15: Orchid repotting

Type: 1 day

Dates: 12/10/2020 - 12/10/2020

Frequency: 1 Day Course, Mon 10:00am - 12:00noon

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Alex Shepherd

LOCATION: Peter Lalor Campus, 34 Robert Street, Lalor 3075

206SAT03: African Violet Propagation

Type: Long Course

Dates: 22/02/2020 - 28/11/2020

Frequency: 4th Saturday of the month, Sat 10:00am - 12:00noon

Location: Mill Park Comm Hse Cnr Blamey Avenue and Mill Park Drive Mill Park Tutor / Leader: Jan Marshall

LOCATION: MILL PARK COMMUNITY CENTRE, Cnr Blamey Avenue and Mill Park Drive, Mill Park This Class will run on the 4th Saturday of the month REQUIREMENTS: People can bring their violets for us to review progress. Topics will progress through the list below through the year, and may cover people's interests. We will do potting and look at samples.

DESCRIPTION: African violets provide colourful flowers for inside the home and are easy to propagate and grow. We will cover

- Types and colours of violets
- How to propagate from a leaf cutting
- Using the right soil
- Selecting the right pot
- Optimal water and light
- Ongoing care, fertilising and problem-solving
- African violets vs Gesneriads
- Visit an African Violet farm
- Visit the Annual African Violet Exhibition (November)

VARIOUS INTERESTS

201MON07: E-Book Publishing

Type: Long Course

Dates: 03/02/2020 - 23/11/2020

Frequency: Weekly Course, Mon 1:00pm - 3:00pm

Location: Whittlesea Community Activity 57-61 Laurel St, Whittlesea Tutor / Leader: Jan Marshall

LOCATION: Whittlesea Community Centre (Whittlesea Library) 57 - 61 Laurel St, Whittlesea (Melway 246 H9)

DESCRIPTION: Want to publish on the Web? Have blogs, short stories, poems, books, family history and want all the world to see? This class covers the technicalities of building web pages, publishing books or other information on the web, and how to promote yourself as an author/writer.

202TUE12: Introduction to Photography

Type: Long Course

Dates: 04/02/2020 - 24/11/2020

Frequency: Weekly Course, Tue 10:00am - 12:00noon

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Peter Cleary

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 REQUIREMENTS: Digital Camera (NOT PHONE CAMERA) USB Memory Stick

DESCRIPTION: The class will provide support to participants to develop skills how to better use their digital camera capturing memories and subjects of interest. Topics covered will include how to utilise the full features of your digital camera, guide participants in composition and theory to frame your photographs to share.

203WED03: Book Discussion

Type: Long Course

Dates: 19/02/2020 - 18/11/2020

Frequency: 3rd Wednesday of month, Wed 1:30pm - 3:30pm

Location: Private location

Tutor / Leader: Brenda Gorely

LOCATION: Private home - contact Office for details. The group meets the 3rd Wednesday of the month

DESCRIPTION: Each Month we discuss a book supplied by the Library, whether we like it or not. It encourages us to explore new authors and titles After we are having afternoon tea and a chat

203WED12: Creative Writing Group

Type: Long Course

Dates: 05/02/2020 - 25/11/2020

Frequency: Fortnightly, Wed 12:30pm - 3:30pm

Location: Jindi Community 48 Breadalbane Avenue, Mernda Tutor / Leader: Bryan McNally

LOCATION: Jindi Family & Community Centre, 48 Breadalbane Avenue, Mernda. (Melway 390 F11)

REQUIREMENTS : Participants should have a love for reading or writing at any standard or level EQUIPMENT : Pen, Paper, memory stick (flash drive) for work brought in from home computer and optionally a laptop or tablet would be useful.

DESCRIPTION OF CLASS: Have you ever wanted to write your own piece? A novel, non-fiction work, memoir, biography, speech, podcast, journal or blog. No matter what writing level you are at this group will provide you with the tools to do so. It will give you the opportunity, if you wish, to share your writing progress with others in the group. We have a variety of enjoyable writing exercises and general discussions also.

203WED13: Listening to Your Story

Type: Long Course

Dates: 12/02/2020 - 25/11/2020

Frequency: Fortnightly, Wed 12:30pm - 3:30pm

Location: Jindi Community 48 Breadalbane Avenue, Mernda

Tutor / Leader: Paul Hollander

LOCATION: Jindi Family & Community Centre 48 Breadalbane Avenue Mernda. (Melway 390 F11) EQUIPMENT: Pen and Paper if you want to take notes and provide feedback to others if you wish. Depending on how you want to tell your story, dictation equipment required. DESCRIPTION: Wouldn't you love to share your special story to a group of like-minded classmates, keen to listen to yours and tell you theirs? Yes, your story is special, so is everyone else's in the Listening to Your Story course. These can be anything. Your captured stories from life experiences, special conversations with people that you have admired over your lifetime. Whatever tale you would like to tell. Even if you think you might not have a story right now, you can start gathering those thoughts, feelings and experiences waiting to be heard. An exciting journey of self-discovery not only awaits you and ourselves but others. Remember, your story is important not only to yourself but also to the audience, Your classmates GENERAL DESCRIPTION: What are you going to be doing during the class? * Work together to tell your story with the class facilitators. * You will have the opportunity to ensure you are ready to tell your story * Your experience will be relaxed and interactive. * Everyone treated as equal * all stories seen as fun and an achievement for the participant * You will receive valuable feedback from class members all from diverse backgrounds * Working in a team and networking environment, you will see your storytelling confidence blossom. * You will have the opportunity to do all this in a quiet place designed to maximize your storytelling experiences.

Participants should have a love for bringing an experience to life and sharing it, with the knowledge that they will have the benefit of having others share their stories and gain feedback from you This course Listening to Your Story uniquely placed for further development via E-Publishing and Creative Writing.

203WED18: Photo Enhance - Advanced WED

Type: Long Course

Dates: 15/04/2020 - 25/11/2020

Frequency: Weekly Course, Wed 12:30pm - 2:30pm

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor

Tutor / Leader: RMIT Staff

LOCATION: Peter Lalor Campus, 34 Robert St, Lalor 3075 NOT SUITABLE FOR BEGINNERS REQUIREMENTS: 8GB USB Stick, Laptop, Notebook & Pen. Use of previous photo enhancement programs essential. Will learn to Rejuvenate/ Repair old photos, make collages, turning a series of photos into movies and add or remove images

203WED20: Introduction to Genealogy 2

Type: Short Course

Dates: 15/07/2020 - 16/09/2020

Frequency: Weekly Course, Wed 10:30am - 12:30pm

Location: Galada Community Centre 10A Forum Way, Epping North

Tutor / Leader: Peter Cleary

LOCATION: Galada Community Centre, 10A Forum Way, Epping North \$20 for workshop Genealogy Society of Victoria REQUIREMENTS: Bring your own laptop or tablet computer with a USB removeable drive. DESCRIPTION: Discover a world of family history with assistance with an introduction to family history research and how to get started including: 1.Start your family tree 2.Search your home for scrapbooks 3.Start with the family history basics 4.Start your online family tree 5.Start with a family story 6.Join the family history conversation 7.Search the U.S. census 8.Search one family story at a time 9.Gather materials from relatives 10. Find a Family History Society

204THU11: Family History

Type: Long Course

Dates: 06/02/2020 - 26/11/2020

Frequency: 1st,3rd &5th Thursday of month, Thu 1:00pm - 3:00pm

Location: Mill Park Library 394 Plenty Rd, Mill Park Mill Park

Tutor / Leader: Elaine Moore

LOCATION: Mill Park Library, 394 Plenty Rd, Mill Park Mel 10 C2 Group meets on 1st, 3rd & 5th Thursday of the month DESCRIPTION: The family History class is designed to facilitate class members in researching their family history and ancestors. We all work together to use the Internet based tools at Mill Park Library that will best suit our research needs. The Library provides on site versions of ancestry.com, finding mypast.com and numerous other databases without cost to the members.

204THU12: Self Help Genealogy **Type: Long Course**
Dates: 27/02/2020 - 26/11/2020 **Frequency: 4th Thursday of Month, Thu 1:00pm - 3:30pm**
Location: Mill Park Library 394 Plenty Rd, Mill Park Mill Park **Tutor / Leader: Anne Heafield**
LOCATION: Mill Park Library Plenty Road Mill Park. Mel 10 C2 Group meets Every 4th Thursday of the month.

204THU26: Photo Enhance - Beginners THU **Type: Long Course**
Dates: 16/04/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 10:00am - 12:00noon**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: RMIT Staff**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 This is an Introduction to Photo Enhancement. Learn the basics about Photoshop Elements. Beginners Only REQUIREMENTS: * Good knowledge of using a computer is essential * Notebook and pen to keep notes * A USB stick 8G
PROVIDED laptops with the necessary software installed

204THU27: Photo Enhance - Advanced THU **Type: Long Course**
Dates: 16/04/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 1:00pm - 3:00pm**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: RMIT Staff**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 DESCRIPTION: Good Knowledge of Photoshop Elements and using a computer is essential. REQUIREMENTS: USB stick with at least 8GB of memory; folder for handouts; notebook; pen/pencil PROVIDED: laptops with the necessary software installed

205FRI15: Photo Enhance - Intermediate **Type: Long Course**
Dates: 17/04/2020 - 27/11/2020 **Frequency: Weekly Course, Fri 10:00am - 12:00noon**
Location: Mernda Community House cnr Heals/Schotters Rd, Mernda **Tutor / Leader: RMIT Staff**
LOCATION: Mernda Community House, cnr Heals/Schotters Rd, Mernda REQUIREMENTS: 8GB USB Stick, Notebook & Pen. Essential knowledge of previous photo enhancement programs

205FRI16: Photo Enhance - Advanced FRI **Type: Long Course**
Dates: 17/04/2020 - 27/11/2020 **Frequency: Weekly Course, Fri 12:30pm - 2:30pm**
Location: Mernda Community House cnr Heals/Schotters Rd, Mernda **Tutor / Leader: RMIT Staff**
LOCATION: Mernda Community House, cnr Heals/Schotters Rd, Mernda REQUIREMENTS: 8GB USB Stick, Notebook & Pen. Good Knowledge of previous photo enhancement programs essential.

LANGUAGES

201MON10: Italian - Total Beginners **Type: Long Course**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 11:30am - 1:30pm**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Antonio Pignatelli**

LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 Course for the Total Beginner.
DESCRIPTION: The class will benefit people who have an Italian background and want to better communicate with family and friends. For people who want to travel to Italy and for people who want to improve their knowledge of the Italian language for work or for business. Students will interact with an Italian native Tutor and learn the grammar rules but also culture and customs. Most of the work is done in the class where students take notes from the whiteboard, ask questions and use web translators or book dictionaries. There is no fixed scheduling so people can join anytime.

At First Sessions, Tutor will assess students skills and Introduction to course.

202TUE11: Self Help Italian **Type: Long Course**
Dates: 04/02/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 12:30pm - 2:30pm**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Wilma Mason**

LOCATION: Epping Memorial Hall Meeting Room High Street Epping Mel 182 B9 REQUIREMENTS: Notebook Pen & Some knowledge of Italian is necessary. DESCRIPTION: More focus on grammar. This is NOT an Advanced class and it is NOT a conversation Italian Self Help group

203WED16: Skill Up your Mandarin **Type: Long Course**
Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 10:00am - 12:00noon**
Location: Mill Park Library 394 Plenty Rd, Mill Park **Tutor / Leader: Polly Wong**

LOCATION: Mill Park Library, 394 Plenty Rd, Mill Park AIM: The aim of this class is to learn how to pronounce and read Chinese characters. DESCRIPTION: Chinese Language knowledge is essential. The participants will learn how to write Chinese characters and construct simple sentences in Mandarin. Also they will practice conversation, reading and listening skill. Videos and songs are also used to practice the language

204THU05: Mandarin for Beginners **Type: Long Course**
Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 10:00am - 12:00noon**
Location: Mill Park Library 394 Plenty Rd, Mill Park **Tutor / Leader: Polly Wong**

LOCATION: Mill Park Library, 394 Plenty Rd, Mill Park AIM: The aim of this class is to learn how to pronounce write and read Chinese characters. REQUIREMENTS: Pen/Pencil Notebook DESCRIPTION: Little or nil knowledge about mandarin are welcome. Learn and practice simple conversation.

204THU24: Italian Language Intermediate **Type: Long Course**
Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 10:00am - 12:00noon**
Location: Senior Citizen's Lalor - 2b May Rd, Lalor **Tutor / Leader: Antonio Pignatelli**

LOCATION: May Rd Campus, Senior Citizens Centre, 2b May Rd, Lalor NOT FOR BEGINNERS - Knowledge of Basic Italian Language is required DESCRIPTION: The class will benefit people who have an Italian background and want to better communicate with family and friends. For people who want to travel to Italy and for people who want to improve their knowledge of the Italian language for work or for business. Students will interact with an Italian native Tutor and learn the grammar rules but also culture and customs. This class features a computer where students can see or search for information in real time. Most of the work is done in the class where students take notes from the whiteboard, ask questions and use web translators or book dictionaries. There is no fixed scheduling so people can join anytime.

LEARNING ACTIVITIES

201MON24: Understanding Dementia **Type: 1 day**
Dates: 18/05/2020 - 18/05/2020 **Frequency: 1 Day Course, Mon 2:00pm - 3:30pm**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bolton Clarke**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075

201MON30: Understanding Depression - Group 3 **Type: 1 day**
Dates: 20/04/2020 - 20/04/2020 **Frequency: 1 Day Course, Mon 1:30pm - 3:30pm**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bill Gould**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 DESCRIPTION: The class will be 2hrs discussion on what is depression, Types of Depression, Signs and Management.

202TUE17: Understanding Depression - Group 4 **Type: 1 day**
Dates: 19/05/2020 - 19/05/2020 **Frequency: 1 Day Course, Tue 9:30am - 11:30am**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bill Gould**
WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 DESCRIPTION: The class will be 2hrs discussion on what is depression, Types of Depression, Signs and Management.

202TUE18: Understanding Depression - Group 5 **Type: 1 day**
Dates: 16/06/2020 - 16/06/2020 **Frequency: 1 Day Course, Tue 9:30am - 11:30am**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bill Gould**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 DESCRIPTION: The class will be 2hrs discussion on what is depression, Types of Depression, Signs and Management.

202TUE19: Understanding Depression - Group 6 **Type: 1 day**
Dates: 21/07/2020 - 21/07/2020 **Frequency: 1 Day Course, Tue 9:30am - 11:30am**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Bill Gould**
LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 DESCRIPTION: The class will be 2hrs discussion on what is depression, Types of Depression, Signs and Management.

204THU28: Create a Music Playlist **Type: Long Course**
Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 1:00pm - 4:00pm**
Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Glen Wall**
LOCATION: Peter Lalor Campus, 34 Robert Street, Lalor, Vic 3075 Support from FM radio 88.6 DESCRIPTION: Prepare music play lists to be a DJ for family and friend's functions. Learn how create a good mix of music to listen to. Learning to choose the right program, get organised and match the style of music to your interests. Support from FM radio 88.6

MUSIC

204THU07: Singing For Joy

Type: Long Course

Dates: 06/02/2020 - 26/11/2020

Frequency: Weekly Course, Thu 3:30pm - 5:30pm

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor

Tutor / Leader: Ron Harvey

LOCATION: May Rd Campus, Senior Citizens Club, Main Hall, 2b May Road, Lalor Mel 8 K6

204THU18: Ukulele with the Choir

Type: Long Course

Dates: 06/02/2020 - 26/11/2020

Frequency: Weekly Course, Thu 3:30pm - 5:30pm

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor

Tutor / Leader: Ron Harvey

LOCATION: May Rd Campus, Senior Citizens Centre, Meeting Room, 2b May Rd, Lalor

ADDITIONAL COMMENTS AND PREREQUISITE: This class is run concurrently with the Singing for Joy class and so participants must enrol and participate in that class too. The class format is to sing with the choir for 50 minutes, a 10 minute break, 40 minutes of dedicated ukulele lessons and practice followed by 20 minutes of playing along with the choir.

DESCRIPTION: The class is suitable for total beginners & /or experienced players. The purpose is to learn and practice basic Ukulele playing. Also as a part of the Choir's Ukulele group, to accompany the choir in some songs. PURCHASING A UKULELE You will need a ukulele for the class but if you do not have one, do not purchase one before starting the class. Come along and see what others have and get advice. New ukuleles can be purchased for under \$35 which may or may not be suitable for you. We have 1 or 2 spare ukuleles that can be borrowed for the first few classes.

OUTDOOR

201MON01: Walk and Talk **Type: Long inc school hols**

Dates: 06/01/2020 - 21/12/2020 **Frequency: Weekly Course, Mon 9:15am - 12:00am**

Location: Woolworths Westfield Plenty 415 McDonalds Road Mill Park **Tutor / Leader: Mary Renshaw**

LOCATION: We meet at the Woolworths Entrance, Westfield Plenty Valley Mel 183 C 12. When Whittlesea U3A have their monthly Morning Tea, on the first Monday of the month, we meet at the allocated venue at 9.10am, we walk around the area and return afterwards for Morning Tea. REQUIREMENTS: Good Walking Shoes.

DESCRIPTION: Walking for all abilities. These sessions will be run throughout the year. All Mondays (except the 1st Monday of the month). We walk for approx 1 hour and we walk around the local South Morang area and learn about the local area. Afterwards, we return to Westfield shopping complex where everyone meets for a drink and a chat at the Plenty Valley Groove Train. If it is too hot or wet we walk inside the Westfield complex commencing outside the Woolworths Supermarket. Some prefer to walk around the shopping centre or inside depending on their ability.

201MON11: The Cross Country Walkers **Type: Long Course**

Dates: 24/02/2020 - 23/11/2020 **Frequency: 4th Monday of the month, Mon 9:15am - 1:00pm**

Location: Council Car Park Ferris Blvd South Morang **Tutor / Leader: Regina Di Pasquale**

LOCATION: Meet at Council Car Park Ferris Boulevard South Morang Mel 183 A 10 We meet every 4th Monday of the month at Whittlesea Shire Office car park at 9.00am for 9.15am start Finishing around 12.30pm - 1.00pm. In some occasions we will car pool together. REQUIREMENTS : Good Walking Shoes Hat Sunscreen & supply of water.

DESCRIPTION: Walking for the MODERATELY FIT. Level of fitness average. We offer a variety of walks mainly in the north close to home. Very friendly group. A lot of sharing and friendship.

203WED01: Walking Group **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 9:30am - 11:00am**

Location: Norris Bank Reserve 135 McLeans Rd, Bundoora **Tutor / Leader: Beth Pearce**

LOCATION: Norris Bank Reserve, 135 McLeans Rd, Bundoora REQUIREMENTS: Casual Clothing & Comfortable Walking Shoes. DESCRIPTION: We commence walking at 9:30 am Walking, Talking and Socializing. We are having coffee after our walk NO WALKING WHEN IT IS RAINING

203WED08: Mernda Walking Group **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 9:30am - 10:30am**

Location: Meet Ferguson Plarre 7a/57 Mernda Village Dve, Mernda **Tutor / Leader: Jeanette Daisley**

LOCATION: Mernda Village Shopping Centre Mel 390 G8. Group meets EVERY WEDNESDAY at 9.30am. Meet outside Fergusons Cake Shop, Mernda Shopping Centre REQUIREMENTS: Please bring - Bottle of Water, Comfortable Shoes, Hat, Membership Lanyards DESCRIPTION: We walk approx 1hr and if you would like Cup of Coffee and a chat after.

204THU01: Bike Riding **Type: Long inc school hols**

Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 9:00am - 12:30pm**

Location: Various Locations Co **Tutor / Leader: Allan Fowler**

LOCATION: VARIOUS LOCATIONS REQUIREMENTS: Full Bike Riding Equipment Required. A Bike in reasonable condition with good tyres, bike helmet. Riders must have reasonable fitness DESCRIPTION: Distance of rides 25km and 35km. Speed: Leisurely/relaxed/moderate The rides are mainly on bike paths/trails/back streets BENEFITS: Cardio Exercise, Improves health and wellbeing A Social - Fun outdoor Activity

Riders either drive with their bikes in their car or ride their bikes to the starting point. Nobody gets left behind, we all wait for each other. If we get separated we can be in contact by mobile phones. We are having a Coffee Stop as well. Contact Alan Fowler 0419 374 512

206SAT02: Gardening for Enjoyment **Type: Long Course**

Dates: 01/02/2020 - 12/12/2020 **Frequency: Weekly Course, Sat 10:00am - 12:00noon**

Location: Lalor Links Community Garden 405 Station Street Lalor **Tutor / Leader: Yolanda Avery**

LOCATION: Lalor Links Community Garden, 405 Station street, Lalor Vic 3075 DESCRIPTION: The class is hosted at the Lalor Links Community Garden which supports gardening activities, learning about sustainability, sharing produce, upcycling, social groups, eating, cooking, making art, or simply enjoying being in nature.

207SUN02: Discover Melbourne By Train **Type: Long Course**

Dates: 09/02/2020 - 13/12/2020 **Frequency: 2nd Sunday of the month, Sun 8:15am - 12:00am**

Location: Meet at Sth Morang Station McDonalds Rd, South Morang **Tutor / Leader: Thi Pham**

LOCATION: We meet at South Morang Station at 8.15am to catch the next train on the 2nd Sunday of the Month. TRAVELLING IN LAST CARRIAGE. Can Get on at Other Stations. Usually arriving home after 3.00 p.m. We can enjoy periods of walking or sometimes tram or bus journeys. REQUIREMENTS: Casual Clothing & Sturdy Shoes, Water bottle, Hat (for warm weather) and the U3A membership Lanyards are Essential, MYKI Card

Bring your MYKI, Sunday is free travel for Seniors but you still require MYKI. You can buy or bring your lunch.

207SUN03: Discover Melbourne by Train - GROUP 2 **Type: Long Course**

Dates: 16/02/2020 - 15/11/2020 **Frequency: 3rd Sunday of the month, Sun 9:00am - 12:00am**

Location: Meet at Sth Morang Station McDonalds Rd, South Morang **Tutor / Leader: Marion Gaylard**

LOCATION: Meet at South Morang Station at 9.00am. TRAVELING IN LAST CARRIAGE: Can Get on at Other Stations. 3rd Sunday of the Month. NO TRAIN TRIP ON JULY & AUGUST NOTE: These trips will be led by MARION GAYLARD REQUIREMENTS: Casual Clothing & Sturdy Shoes, Water bottle, Hat (for warm weather) and LANYARDS are Essential. Bring your MYKI Card

DESCRIPTION: A Day Trip to Melbourne by Train, Tram or Bus Lunch can be bought and purchased on trip

207SUN04: Leisurely Sunday Bike Rides **Type: Long inc school hols**

Dates: 09/02/2020 - 29/11/2020 **Frequency: Weekly Course, Sun 9:00am - 11:00am**

Location: Various locations **Tutor / Leader: Shirley Louie**

LOCATION: Starting points vary from week to week with Various Locations in Bundoora, Epping and South Morang. DESCRIPTION: A bike ride of about 20 km at a leisurely pace, mostly along safe off road bike paths with a half way rest/coffee/refreshment break. These rides are conducted by the Whittlesea Bicycle Users Group (BUG). Shirley's email is: shirley.louie@bigpond.com

207SUN10: Exploring Melbourne's Gardens **Type: Long Course**

Dates: 23/02/2020 - 22/11/2020 **Frequency: 4th Sunday Of the month, Sun 9:00am - 4:00pm**

Location: Various locations **Tutor / Leader: Michael Mikedis**

Visiting Important Gardens around Melbourne LOCATION: We meet at South Morang Station at 9.00am to catch the next train on the 4th Sunday of the Month. TRAVELLING IN LAST CARRIAGE. Can Get on at Other Stations. Usually arriving home after 4.00 p.m. Sometimes tram or bus journeys might be needed. REQUIREMENTS: A fair amount of walking is expected so a Good Level of fitness is necessary. Casual Clothing & Sturdy Shoes, Water bottle, Hat (for warm weather) appropriate Clothing for weather, Camera BYO Lunch or you can Buy Lunch. The U3A membership Lanyards and your MYKI/ Pension Cards are Essential. Sunday is free travel for Seniors but you still require your MYKI card. NO SPECIAL SKILLS OR KNOWLEDGE REQUIRED, JUST LOVE THE GARDENS AND THE OUTDOORS AIMS: Knowledge of Gardens History, Style & Importance and Enjoy a day Outdoors COST: Some Gardens may Charge Entry Fee

DESCRIPTION: Walk leisurely around the Gardens, stop for discussions, take photos The group will stop for lunch or coffee Below are some of the Gardens to visit. They were especially selected for easy access: * Royal Botanic Gardens (at least 3 times!) * Maranoa Gardens, Balwyn * Heide Gardens, Templestowe (this visit depends on available and convenient transport) * Carlton Gardens * Fitzroy Gardens * Treasury Gardens * St Kilda Botanical Gardens * Rippon Lee Estate * Canterbury Gardens.

SOCIAL ACTIVITIES

201MON12: WU3A Discussion Over Coffee **Type: Long Course**

Dates: 24/02/2020 - 23/11/2020 **Frequency: 4th Monday of the month, Mon 11:00am - 12:30pm**

Location: Whittlesea Community Activity 57-61 Laurel St, Whittlesea **Tutor / Leader: Glen Wall**

LOCATION: Whittlesea Community Activity Centre, 57-61 Laurel St, Whittlesea Melway 246 H9 WE MEET AT THE 4th MONDAY OF THE MONTH DESCRIPTION: * Discuss Local Issues * Share information on Activities of Interest to Seniors in the area * Meeting with friends over coffee and finger food. Bring a friend * Will Include Updates on progress on the WU3A senior Inclusion program

201MON32: Leprechaun Trivia Afternoon **Type: Long Course**

Dates: 10/02/2020 - 23/11/2020 **Frequency: Fortnightly, Mon 1:00pm - 3:00pm**

Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor **Tutor / Leader: Patrick Muldoon**

LOCATION: Peter Lalor Campus, 34 Robert St, Lalor, 3075 GROUP WILL MEET ON THE 2nd AND 4th WEEKS OF THE MONTH for the months of February, April, May and June. For MARCH the group will MEET on 1st and 3rd week of Month DESCRIPTION: Please bring a small plate to share. Afternoon Tea or Coffee will be on between Rounds 3 and 4. \$1.00 Gold Coin to cover Door Prize

DATES FEBRUARY Monday 10th & Monday 24th MARCH Monday 16th & Monday 23rd APRIL Monday 20th & Monday 27th MAY Monday 11th & Monday 25th JUNE Monday 15th & Monday 29th JULY Monday 20th & Monday 27th AUGUST Monday 10th & Monday 24th SEPTEMBER Monday 14th OCTOBER Monday 12th & Monday 26th NOVEMBER Monday 9th & Monday 23rd

204THU09: Trivia Night **Type: Long Course**

Dates: 06/02/2020 - 03/12/2020 **Frequency: 1st,3rd &5th Thursday of month, Thu 7:00pm - 9:00pm**

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: Kathy Lizio**

LOCATION: May Rd Campus, Senior Citizens Club, 2b May Road, Lalor, Mel8 K6 We meet the 1st, 3rd & 5th Thursday of the month. COST: Cost of the night \$1.00. Bring a small plate of food to share. DESCRIPTION: This is a night of fun and laughter where teams of 6 people answer questions in a friendly environment. Make up your teams so friends can work together.

204THU10: Sharing A Meal Together **Type: Long Course**

Dates: 27/02/2020 - 27/11/2020 **Frequency: 4th Thursday of Month, Thu 6:00pm - 8:30pm**

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: Gloria Patane**

LOCATION: May Rd Campus, Senior Citizen's Club, Main Hall, 2b May Road, Lalor, Mel8 K6. We meet the 4th Thursday of the Month COST: Small Fee For Meal \$10.00 or slightly more (depending of the cost of ingredients) for a 3 course meal DESCRIPTION: Meal will be totally supplied by Gloria and Lorraine however there will be NO provision for dietary requirements

Lorraine Knaflec will be assisting Gloria

205FRI10: Coffee and Chat on Friday **Type: Long Course**

Dates: 03/01/2020 - 18/12/2020 **Frequency: Weekly Course, Fri 1:00pm - 12:00am**

Location: The Groove Train Westfield 400 McDonalds Road, Mill Park **Tutor / Leader: Anne Carbis**

LOCATION: Plenty Valley Shopping Centre, THE GROOVE TRAIN ~ Back room These sessions will BE run throughout the year - including January. REQUIREMENTS: Casual Clothing. COST: For a minimal cost of \$3.00 per cup of coffee, tea or hot chocolate, come and socialise with friends.

DESCRIPTION: Get together over a coffee and a chat at the back room of the Groove Train, if you are in Plenty Valley, Westfield Shopping Centre any Friday at 1pm. Take the weight off your feet for an hour or so and relax. ALL MEMBERS, MEN and WOMEN ARE WELCOME

205FRI12: Film Night

Type: Long Course

Dates: 28/02/2020 - 27/11/2020

Frequency: Last Friday of the month, Fri 5:30pm - 12:00am

Location: Readings Cinema Epping 71-583 High St, Epping

Tutor / Leader: Gloria Mason

LOCATION: Readings Cinema Epping Plaza Cooper Street Epping Mel 182 A12 DESCRIPTION: Members join together the last Friday of each month to see a movie of your choice. Share a light meal prior or a coffee and a chat afterwards. Meet in Food Court near Cinemas around 5.30pm.

207SUN01: Sunday Breakfast at 4 Doors Restaurant

Type: Long Course

Dates: 02/02/2020 - 06/12/2020

Frequency: 1st Sunday of the Month, Sun 9:00am - 11:00am

Location: 4 Doors Restaurant 28 The Link Mill Park

Tutor / Leader: Kathy Lizio

LOCATION: 4 Doors Restaurant, 28 The Link, Mill Park First Sunday of the month except September. DATES: Dates 02 Feb, 01 Mar, 05 Apr, 03 May, 07 Jun, 05 Jul, 02 Aug, 13 Sep (The September breakfast will be on the 2nd Sunday as 1st Sunday is Father's Day), 04 Oct, 01 Nov, 06 Dec. DESCRIPTION: Sunday Breakfast meals are served with a small juice and tea/coffee, all for \$15.00 p.p.

20MEMB01: Membership Enrolments - NO COURSES

Type: None

Dates: 01/01/2020 - 31/12/2020

Frequency: Not applicable, Wed 12:00am - 12:00am

Location: None

Tutor / Leader: None

General Membership activities covers attendance at social events, discussion groups open to all members and other information classes offered from time to time. There may be an additional cost to attend these activities to cover catering, external admission fees or transport. Members enrolled in the 'General Membership Activities' class are encouraged to enroll in any of the wide range of specific classes and activities. A member enrolled in any other course does not need to enrol in 'General Membership Activities'.

SPORT

202TUE04: Table Tennis - May Rd **Type: Long Course**

Dates: 04/02/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 1:00pm - 4:00pm**

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: Janice Scerri**

LOCATION: May Rd Campus, Seniors Citizens Club 2b May Road Lalor Mel 8 K6 REQUIREMENTS: Casual Clothing & Comfortable Walking Shoes Members are requested to pay \$1.00 for a snack or afternoon tea. THIS PAYMENT IS OPTIONAL Members with dietary requirements can bring their own food if they wish to participate in the Social gathering. No member will be excluded from participating with table tennis activity if they choose Not to Pay

DESCRIPTION: It's a great class, lots of fun and laughter. We play as many games as we like or if we need a break between games we can sit and chat. Very laid back. 3 hours of fun, play and laughter.

202TUE05: Bocce **Type: Long Course**

Dates: 04/02/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 1:00pm - 4:00pm**

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: Michele Patane**

LOCATION: May Rd Campus, Senior Citizen's Club 2b May Road Lalor Mel 8 K 6

202TUE07: Golf Day **Type: Long Course**

Dates: 21/01/2020 - 24/11/2020 **Frequency: Weekly Course, Tue 8:30am - 12:00am**

Location: Growling Frog Golf Club 1910 Donnybrook Road, Yan Yean **Tutor / Leader: Domenico Marino**

LOCATION: Growling Frog Golf Course, 1910 Donnybrook Road, Yan Yean COST: \$15 for 9 holes, \$25 for 18 holes. Golf continues during school term breaks. REQUIREMENTS: People wishing to participate will need to join the Councils LEAP program.

203WED14: Table Tennis - French St **Type: Long Course**

Dates: 05/02/2020 - 25/11/2020 **Frequency: Weekly Course, Wed 1:00pm - 3:00pm**

Location: French St Hall 47a French Street, Lalor **Tutor / Leader: Mark Bertuzzi**

LOCATION: French St Hall, 47a French Street, Lalor NO CLASSES DURING SCHOOL HOLIDAYS Players of all levels Welcome REQUIREMENTS: Sporting footwear and loose clothing are required. Bats and balls will be provided but you may bring your own bat(s). Bring your own drinks.

DESCRIPTION: We cater to all levels from beginners to advanced players of table tennis experience. What will be covered in the class: Basic warm ups, basic footwork and basic stroke play and serving. We will cover table tennis etiquette, scoring and the general rules. For the advanced players learn advanced skills to improve your game.

204THU06: Carpet Bowls **Type: Long Course**

Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 1:00pm - 3:00pm**

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor **Tutor / Leader: Ron Gorely**

LOCATION: May Rd Campus, Senior Citizens Club, Main Hall, 2b May Road, Lalor, Mel 8 K6 DESCRIPTION: Two teams compete against each other to score the most points in two hours (eg. closest to the little white ball). It's good fun and good exercise.

204THU15: Tennis **Type: Long Course**

Dates: 06/02/2020 - 26/11/2020 **Frequency: Weekly Course, Thu 9:30am - 12:00noon**

Location: Lalor Tennis Club Sydney Cres Lalor **Tutor / Leader: Ann Sangwell**

LOCATION: Lalor Tennis Club, Sydney Crescent, Lalor Mel 8 K6 REQUIREMENTS: Tennis Racquet, Casual Clothing & Running Shoes. DESCRIPTION: A group of people gather together for social tennis and enjoy a cup of tea and chat afterwards.

204THU16: Bocce

Type: Long Course

Dates: 06/02/2020 - 26/11/2020

Frequency: Weekly Course, Thu 1:00pm - 4:00pm

Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor

Tutor / Leader: Hans Majewski

LOCATION: May Rd Campus, Seniors Citizen Club, 2b May Road, Lalor, Mel 8 K6

204THU20: Walking Football

Type: Long Course

Dates: 06/02/2020 - 26/11/2020

Frequency: Weekly Course, Thu 10:00am - 12:30pm

Location: Stables Shopping Centre Redleap Ave Mill Park

Tutor / Leader: Silvana Di Battista

LOCATION: Mill Park Basketball Stadium, Stables Shopping Centre, Redleap Ave, Mill Park
OBJECTIVES: The program's main objectives are to allow participants to exercise, have fun and socialise.
DESCRIPTION: Walking Football is a modified form of indoor soccer. It is open to men and women and does not require any previous experience. Possibility of games against other walking footy teams. The program is strongly supported by Whittlesea Council and the Melbourne City Football Club.

206SAT01: Ten Pin Bowling

Type: Long Course

Dates: 01/02/2020 - 05/12/2020

Frequency: 1st Saturday of the Month, Sat 3:00pm - 5:00pm

Location: Epping OZ Ten Pin Bowling 1-53 Millers Street Epping

Tutor / Leader: Peter Edmonds

LOCATION: Epping OZ Ten Pin Bowling 41-53 Millers Street Epping Mel 182 A11. 1st Saturday of The Month
COST: \$12.00 a session
