



## **Whittlesea U3A Inc**

### **2021 Courses**

29 April 2021

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## **COURSES and ACTIVITIES ONLINE by ZOOM, EMAIL or OTHER**

**101ONL02: ZOOM Exercises** **Type: ZOOM Long**  
**Dates: 11/01/2021 - 13/12/2021** **Frequency: Weekly Course, Mon 13:00 - 14:00**  
**Location: Online via ZOOM** **Tutor / Leader: Ida Tipping**  
THIS CLASS WILL ON AS A ZOOM CLASS ZOOM DAY and TIME: Monday 1.00pm - 2.00pm

**102ONL02: ZOOM Self Help Italian** **Type: ZOOM Long**  
**Dates: 12/01/2021 - 14/12/2021** **Frequency: Weekly Course, Tue 12:30 - 14:30**  
**Location: Online via ZOOM** **Tutor / Leader: Wilma Mason**  
THIS CLASS WILL BE OFFERED ONLINE via ZOOM ZOOM DAY & TIME: Every Tuesday from 12.30pm-2.30pm

**102ONL05: ZOOM Computer - EXCEL & More** **Type: Long Course**  
**Dates: 06/04/2021 - 14/12/2021** **Frequency: Weekly Course, Tue 10:30 - 12:30**  
**Location: Online via ZOOM** **Tutor / Leader: Ben Caruana**  
LOCATION: Class will be offered by ZOOM during School Holidays ONLY 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

**103ONL01: ZOOM Apple iPHONE & iPAD Self Help** **Type: ZOOM Long**  
**Dates: 13/01/2021 - 15/12/2021** **Frequency: Weekly Course, Wed 10:00 - 12:00**  
**Location: Online via ZOOM** **Tutor / Leader: Janice Boswell**  
THIS CLASS WILL BE OFFERED ONLINE via ZOOM ZOOM DAY and TIME: 1.00pm - 3.00pm ZOOM  
DESCRIPTION: We try to run through some of the device features and learn how to use them and by asking what problems and issues they have and as a group try to solve them

**103ONL02: ZOOM Apple iPHONE & iPAD** **Type: ZOOM Long**  
**Dates: 13/01/2021 - 15/12/2021** **Frequency: Weekly Course, Wed 13:00 - 15:00**  
**Location: Online via ZOOM** **Tutor / Leader: Janice Boswell**  
THIS CLASS WILL BE OFFERED ONLINE via ZOOM ZOOM DAY and TIME: 1.00pm - 3.00pm ZOOM This Class will be used as a Hybrid class together with 213WED13: Apple iPhone&iPad when face to face classes resumed  
DESCRIPTION: We try to run through some of the device features and learn how to use them and by asking what problems and issues they have and as a group try to solve them 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.

**103ONL04: ZOOM Reflexology for Health**

**Type: Long Course**

**Dates: 21/04/2021 - 17/11/2021**

**Frequency: Fortnightly, Wed 16:30 - 17:30**

**Location: Online via ZOOM**

**Tutor / Leader: Maria Veerasamy**

The class will be offered every Fortnight on Wednesday from 4.30pm - 5.30pm LOCATION: This class will be offered by ZOOM DESCRIPTION: Reflexology for Health class---is learning self -care hand exercises, basic face, hand and foot massage and introduction to Reflexology.

**103ONL06: ZOOM Introduction to Genealogy**

**Type: ZOOM Long**

**Dates: 13/01/2021 - 15/12/2021**

**Frequency: Weekly Course, Wed 10:00 - 12:00**

**Location: Online via ZOOM**

**Tutor / Leader: Peter Cleary**

This class will be offered ONLINE by ZOOM ZOOM DAY & TIME:Every Wednesday from 10.00am - 12.00pm 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

**103ONL07: ZOOM Tai Chi**

**Type: ZOOM Long**

**Dates: 13/01/2021 - 15/12/2021**

**Frequency: Weekly Course, Wed 9:30 - 11:00**

**Location: Online via ZOOM**

**Tutor / Leader: Teresa Wong**

This Class will be offered ONLINE by ZOOM ZOOM Day and Time: Every Wednesday from 9.30am - 11.00am

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 throughtout our body to invigorate growth, metabolism, regeneration and repair of our body

**104ONL01: ZOOM Technology-Computers for Seniors**

**Type: ZOOM Long**

**Dates: 04/02/2021 - 16/12/2021**

**Frequency: Weekly Course, Thu 10:30 - 12:30**

**Location: Online via ZOOM**

**Tutor / Leader: Glen Wall**

THIS CLASS WILL BE OFFERED ONLINE via ZOOM ZOOM DAY / TIME: Every Thursday at 10.30am REQUIREMENTS: Use your 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

**104ONL03: ZOOM Trivia Night**

**Type: Long Course**

**Dates: 04/02/2021 - 16/12/2021**

**Frequency: 2nd Thurs of the Month, Thu 19:00 - 21:00**

**Location: Online via ZOOM**

**Tutor / Leader: Kathy Lizio**

THIS CLASS WILL BE OFFERED ONLINE via ZOOM 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.

**104ONL04: ZOOM Catch Up and Chat** **Type: ZOOM Long**  
**Dates: 04/02/2021 - 16/12/2021** **Frequency: Weekly Course, Thu 11:00 - 11:40**  
**Location: Online via ZOOM** **Tutor / Leader: Kathy Lizio**  
THIS CLASS WILL BE OFFERED ONLINE via ZOOM ZOOM DAY & TIME: Thursday at 11.00am The class is for all members to Catch Up and Chat with each other

**104ONL06: ZOOM Exercises for Healthy Ageing** **Type: Long inc school hols**  
**Dates: 14/01/2021 - 16/12/2021** **Frequency: Weekly Course, Thu 13:00 - 14:00**  
**Location: Online via ZOOM** **Tutor / Leader: Ida Tipping**  
THIS CLASS WILL BE OFFERED ONLINE via ZOOM ZOOM DAY and TIME: Every Thursday from 1.00pm - 2.00pm

**105ONL01: ZOOM Computers Level 1** **Type: ZOOM Long**  
**Dates: 15/01/2021 - 17/12/2021** **Frequency: Weekly Course, Fri 10:00 - 12:00**  
**Location: Online via ZOOM** **Tutor / Leader: Peter Rodaughan**  
THIS CLASS WILL BE OFFERED ONLINE via ZOOM ZOOM DAY / TIME: Every Friday at 10.00am - 12.00pm  
ZOOM DESCRIPTION: Friday Morning Beginners Computer Social Catchup This is a chance for people to chat and if they have a problem with anything computer wise I try to help them.

**105ONL02: ZOOM Social Seniors** **Type: ZOOM Long**  
**Dates: 15/01/2021 - 17/12/2021** **Frequency: Weekly Course, Fri 11:00 - 13:00**  
**Location: Online via ZOOM** **Tutor / Leader: Glen Wall**  
THIS CLASS WILL BE OFFERED ONLINE via ZOOM ZOOM DAY and TIME: 11.00am - 1.00pm  
ZOOM DESCRIPTION: This class will provide an opportunity to extend your digital skills, broaden your social networks, share your stories creatively and connect with people on social media.

**105ONL03: ZOOM Training for Android, Apple & Zoom** **Type: ZOOM Long**  
**Dates: 15/01/2021 - 17/12/2021** **Frequency: Weekly Course, Fri 12:00 - 13:30**  
**Location: Online via ZOOM** **Tutor / Leader: Peter Cleary**  
THE CLASS IS OFFERED ONLINE BY ZOOM This Zoom class is for anyone who wants help to access or improve their Zoom knowledge and cover all Mobile devices (Apple & Android) or PC. ZOOM DAY & TIME: Friday at 12 Noon  
DESCRIPTION: Introduction to the use of ZOOM. The class will provide you with instruction on how to schedule a meeting using the ZOOM application, join a meeting and how to access WU3A classes available via ZOOM. You will receive an email with details on how to access the class including the link to click to enter the class. Have your mobile phone handy when you start to join the class as the Tutor can assist you over the phone to make sure your video and audio on your computer is turned on.

**105ONL07: ZOOM Beginners Yoga** **Type: ZOOM Long**  
**Dates: 23/04/2021 - 26/11/2021** **Frequency: Weekly Course, Fri 11:30 - 12:30**  
**Location: Online via ZOOM** **Tutor / Leader: Ann Bellofiore**  
CLASS WILL START IN 2ND TERM with Government's permissions This Class will be offered Online by ZOOM  
ZOOM Day and Time: Every Friday from 11.30am-12.30pm  
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

## ART ACTIVITIES

**215FRI12: Art For Fun**

**Type: Long Course**

**Dates: 05/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Fri 13:00 - 15:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS The Class meets at 1pm each Friday. LOCATION: Jindi Family and Community Centre 48 Breadalbane Avenue Mernda (Melway 390 F11)  
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.

## COMPUTING

### **102ONL04: ZOOM Computer - EXCEL & More**

**Type: Long Course**

**Dates: 09/04/2022 - 30/11/2021**

**Frequency: School Holidays, Tue 10:30 - 12:30**

**Location: Online via ZOOM**

**Tutor / Leader: Ben Caruana**

Class will be delivered ONLINE via ZOOM on School Holidays ONLY ZOOM DAY & TIME: Class will be offered on Tuesday from 10.30am- 12.30pm 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

### **211MON27: Computer, Android, Social Media Support**

**Type: Long Course**

**Dates: 03/05/2021 - 22/11/2021**

**Frequency: Weekly Course, Mon 9:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Shoukry Sidrak**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Peter Lalor Campus, 34 Robert St opp Ryder Street, Lalor REQUIREMENTS: Bring your own Laptop,Android Phone or Tablet. Drop in for an initial assessment and make a booking for a suitable time to address your issue.

DESCRIPTION: The leader will provide hands on support to assist members overcome problems being experienced with the use of their devices. Support will be provided also for: Social Media such as Facebook, What'sUp, Viber Windows 10 MsOffice (Word, EXCEL)

### **212TUE02: Laptop Windows**

**Type: Long Course**

**Dates: 16/02/2021 - 30/11/2021**

**Frequency: Weekly Course, Tue 13:30 - 15:30**

**Location: Thomastown Library 52 Main Street, Thomastown**

**Tutor / Leader: Kevin Whelan**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Thomastown Library, Main Street, Thomastown. 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.

### **212TUE08: Laptop Win 10 For Beginners**

**Type: Long Course**

**Dates: 20/04/2021 - 30/11/2021**

**Frequency: Weekly Course, Tue 13:00 - 15:00**

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

**Tutor / Leader: Kathy Lizio**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

### **212TUE14: Computer, iPhone, iPad Support**

**Type: Long Course**

**Dates: 02/02/2021 - 30/11/2021**

**Frequency: Weekly Course, Tue 10:00 - 12:00**

**Location: Whittlesea Community Activity 57-61 Laurel St, Whittlesea**

**Tutor / Leader: Bev Moore**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Whittlesea Community Activity Centre, 57-61 Laurel St, Whittlesea REQUIREMENTS: Bring your own Laptop, iPhone or iPad. DESCRIPTION: 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.

**212TUE20: Computer - EXCEL & More**

**Type: Long Course**

**Dates: 16/02/2021 - 30/11/2021**

**Frequency: Weekly Course, Tue 10:30 - 12:30**

**Location: Thomastown Library 52 Main Street, Thomastown**

**Tutor / Leader: Ben Caruana**

LOCATION: Thomastown Library, Main Road, Thomastown DAY & TIME: Class will be offered on 2nd & 4th Tuesday of the month from 10.30am- 12.30pm 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

**213WED04: Computer Level 1 Including Internet**

**Type: Long Course**

**Dates: 03/02/2021 - 24/11/2021**

**Frequency: Weekly Course, Wed 10:30 - 12:30**

**Location: To Be Advised**

**Tutor / Leader: Kathy Lizio**

This Class has been suspended for later as there is NO VENUE available. Members will be notified of any change immediately, when there is news THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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- MS Word, Internet, Email You will also learn how to download photos from cameras and Phones

**213WED05: Computer Level 2 Including Internet**

**Type: Long Course**

**Dates: 03/02/2021 - 24/11/2021**

**Frequency: Weekly Course, Wed 13:00 - 15:00**

**Location: To Be Advised**

**Tutor / Leader: Kathy Lizio**

This Class has been suspended for later as there is NO VENUE available. Members will be notified of any change immediately, when there is news THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

**213WED13: Apple iPHONE & iPad**

**Type: Long Course**

**Dates: 21/04/2021 - 24/11/2021**

**Frequency: Weekly Course, Wed 13:00 - 15:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**213WED14: Apple iPHONE & iPad Self Help**

**Type: Long Course**

**Dates: 21/04/2021 - 24/11/2021**

**Frequency: Weekly Course, Wed 10:00 - 12:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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



**214THU04: Technology and Computers for Seniors**

**Type: Long Course**

**Dates: 04/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 10:30 - 12:30**

**Location: Thomastown Library 52 Main Street, Thomastown**

**Tutor / Leader: Glen Wall**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Thomastown Library, Main Road, Thomastown 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

**215FRI05: Computers Level 1**

**Type: Long Course**

**Dates: 19/02/2021 - 26/11/2021**

**Frequency: Weekly Course, Fri 10:00 - 12:00**

**Location: Thomastown Library 52 Main Street, Thomastown**

**Tutor / Leader: Peter Rodaughan**

THIS CLASS CAN CHANGE IF GOVERNMENT'S RESTRICTIONS ARE BROUGHT BACK. LOCATION: THOMASTOWN LIBRARY, Main St Thomastown 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

**215FRI10: Computer Very Basic - Total Beginners**

**Type: Long Course**

**Dates: 07/05/2021 - 26/11/2021**

**Frequency: Weekly Course, Fri 13:00 - 15:00**

**Location: Thomastown Library 52 Main Street, Thomastown**

**Tutor / Leader: Afroditi Toso**

CLASS WILL GO AHEAD AFTER GOVERNMENT PERMISSIONS This course is for those who have no knowledge of computers or minimum of it. LOCATION: Thomastown Library-Computer Room 52, Main Street, Thomastown Mel 8 G7 REQUIREMENTS: People can bring their own 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 functions such as control panel \* Learn about Software / Hardware \* Learn all about the use and functions of programs such as WORD, EXCEL, POWERPOINT, OUTLOOK for emails \* Learn how to connect & use the Internet \* Learn how to set up Emails if they wish

## CRAFT

### **211MON05: Crochet**

**Type: Long Course**

**Dates: 19/04/2021 - 29/11/2021**

**Frequency: 1st, 3rd & 5th Monday of month, Mon 11:30 - 14:30**

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

**Tutor / Leader: Freda Delia**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS The class runs on 1st, 3rd & 5th Monday LOCATION: Peter Lalor Campus, 34 Robert St opp Ryder Street Lalor REQUIREMENTS: Require crochet hook and 4 ply wool

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

### **211MON06: Self Help Card Making**

**Type: Long Course**

**Dates: 08/02/2021 - 22/11/2021**

**Frequency: 2nd & 4th Monday of Month, Mon 13:00 - 16:00**

**Location: Nick Ascenzo Com Centre 2 Boronia Avenue, Thomastown**

**Tutor / Leader: Judy Cleary**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS This class to run the 2nd and 4th Monday of the month LOCATION: Nick Ascenzo Community Centre, 2 Boronia Avenue, Thomastown REQUIREMENTS: Card, Scissors. Double Sided Tape & Glue All members need to supply their own materials such as cards, trims, embellishments, instructions

### **213WED06: Hand Sewing for Unfinished Projects**

**Type: Long Course**

**Dates: 03/02/2021 - 15/12/2021**

**Frequency: Weekly Course, Wed 10:00 - 13:00**

**Location: Epping Memorial Hall - Meeting 827 High St Epping**

**Tutor / Leader: Joh Griffin**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS This course will run weekly LOCATION: Epping Memorial Hall - Meeting Room. DESCRIPTION: Bring your unfinished objects/projects of Sewing to complete them in a friendly and inclusive social environment

### **213WED08: Knitters Group**

**Type: Long Course**

**Dates: 21/04/2021 - 17/11/2021**

**Frequency: 1st & 3rd Wednesday of month, Wed 10:00 - 12:00**

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

**Tutor / Leader: Diana Torcaso**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS This group meets on the 1st and 3rd Wednesday mornings of the month. LOCATION: Peter Lalor Campus, 34 Robert St opp Ryder Street Lalor 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.

**214THU16: Origami 3D (Golden Ventures folding)**

**Type: Long Course**

**Dates: 22/04/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 11:00 - 13:00**

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

**Tutor / Leader: Phu Phan**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**215FRI02: Busy Hands Circle**

**Type: Long Course**

**Dates: 23/04/2021 - 26/11/2021**

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

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

**Tutor / Leader: Federica Bordin**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

## MULTICULTURAL ACTIVITIES- INFORMATION

### **211MON17: Multicultural Community Profiles WCLN**

**Type: Long Course**

**Dates: 22/02/2021 - 29/11/2021**

**Frequency: Last Monday of The month, Mon 18:30 - 20:30**

**Location: Whittlesea Com Council offices 25 Ferres Blvd South Morang Tutor / Leader: Joe Felice**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### **214THU24: Middle Eastern Cultural Awareness**

**Type: Long Course**

**Dates: 04/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 16:00 - 18:00**

**Location: To Be Advised**

**Tutor / Leader: Dawood Sammour**

This Class has been suspended for later as there is NO VENUE available. Members will be notified of any change immediately, when there is news THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### **215FRI11: Bhutanese Cultural Exchange**

**Type: Long Course**

**Dates: 05/02/2021 - 26/11/2021**

**Frequency: Weekly Course, Fri 10:00 - 12:00**

**Location: To Be Advised**

**Tutor / Leader: Parsu Budathoki**

This Class has been suspended for later as there is NO VENUE available. Members will be notified of any change immediately, when there is news THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

### **211MON18: Line Dancing for Exercise Group 1**

**Type: Long Course**

**Dates: 01/02/2021 - 13/12/2021**

**Frequency: Weekly Course, Mon 14:00 - 15:00**

**Location: TRAC Recreation Centre 52 Main Street Thomastown Tutor / Leader: Elaine Bateman**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: TRAC Recreation Centre, 52 Main Street Thomastown REQUIREMENTS: Wear suitable shoes. DESCRIPTION: Line dancing for beginner/intermediate level. Would be helpful to know basic steps and some knowledge of line dancing.

### **212TUE24: Rock-n-Roll Beginners**

**Type: Long Course**

**Dates: 04/05/2021 - 30/11/2021**

**Frequency: Weekly Course, Tue 10:00 - 11:15**

**Location: To Be Advised**

**Tutor / Leader: John Kolonis**

This Class will be a beginners class for rock and roll The class will be limited to 10 couples (20) people DESCRIPTION: It will be very basic Rock-n-Roll for beginners, no experience needed but must have their own partner for COVID-19 reasons.

### **213WED02: Line Dancing - Easy Intermediate**

**Type: Long Course**

**Dates: 21/04/2021 - 24/11/2021**

**Frequency: Weekly Course, Wed 10:00 - 11:00**

**Location: Epping Memorial Hall 827 High St Epping**

**Tutor / Leader: Elaine Bateman**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Epping Memorial Hall, 827 High St, Epping 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.

### **213WED19: Line Dancing - Level 1 & 2**

**Type: Long Course**

**Dates: 21/04/2021 - 24/11/2021**

**Frequency: Weekly Course, Wed 11:15 - 12:15**

**Location: Epping Memorial Hall 827 High St Epping**

**Tutor / Leader: Elaine Bateman**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Epping Memorial Hall, 827 High St, Epping WILL NOT RUN IN SCHOOL HOLIDAYS Easy Beginners Dances. Wear Comfortable NON SLIPPERY shoes

### **215FRI01: Line Dancing - Level 1**

**Type: Long Course**

**Dates: 05/02/2021 - 26/11/2021**

**Frequency: Weekly Course, Fri 9:45 - 10:45**

**Location: Epping Memorial Hall 827 High St Epping**

**Tutor / Leader: Elaine Bateman**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS Easy Beginners Dances. WILL NOT RUN IN SCHOOL HOLIDAYS LOCATION: Epping Memorial Hall, 827 High St, Epping 3076 REQUIREMENTS: Wear Comfortable NON SLIPPERY shoes

### **215FRI04: Line Dancing - Level 2**

**Type: Long Course**

**Dates: 05/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Fri 11:00 - 12:00**

**Location: Epping Memorial Hall 827 High St Epping**

**Tutor / Leader: Elaine Bateman**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS Easy Intermediate Dances. WILL NOT RUN IN SCHOOL HOLIDAYS LOCATION: Epping Memorial Hall, 827 High St, Epping 3076 REQUIREMENTS: Wear Comfortable NON SLIPPERY Shoes

## EXERCISE

### **212TUE15: Water Aerobics - Thomastown**

**Type: Long inc school hols**

**Dates: 12/01/2021 - 14/12/2021**

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

**Location: Thomastown Recreatio**

**Tutor / Leader: TRAC Staff**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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 Reception Every Time you attend REQUIREMENTS: Swimming Costume & Towel.

### **213WED22: Exercises for Healthy Ageing**

**Type: Long inc school hols**

**Dates: 03/03/2021 - 15/12/2021**

**Frequency: Weekly Course, Wed 14:30 - 15:45**

**Location: Thomastown Library 52 Main Street, Thomastown**

**Tutor / Leader: Ida Tipping**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Thomastown Library Community Room 52 Main Street Thomastown Mel 8 G7 Note: Sessions Continue Through School Holidays. REQUIREMENTS: Casual Clothing, dumbell, ball, Stretcing Bands, Hand/Ankle weights (optional).

DESCRIPTION: 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. Try it one Wednesday at Thomastown library

### **214THU19: Exercise for Healthy Living - Lalor**

**Type: Long Course**

**Dates: 04/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 11:00 - 12:00**

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

**Tutor / Leader: Kumar Chandrakumar**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### **214THU22: Water Aerobics at Thomastown**

**Type: Long inc school hols**

**Dates: 14/01/2021 - 16/12/2021**

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

**Location: Thomastown Recreatio**

**Tutor / Leader: TRAC Staff**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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 Reception Every Time you attend REQUIREMENTS: Swimming Costume & Towel.

## GAMES

### 211MON02: Scrabble

Type: Long inc school hols

Dates: 01/02/2021 - 13/12/2021

Frequency: Weekly Course, Mon 10:30 - 13:30

Location: Mill Park Com Hse Cnr Blamey Ave / Mill Park Drive Mill Park  
Delbridge

Tutor / Leader: Joan

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

### 211MON03: Canasta / Samba Cards

Type: Long inc school hols

Dates: 08/03/2021 - 13/12/2021

Frequency: Weekly Course, Mon 12:00 - 15:00

Location: Thomastown Library 52 Main Street, Thomastown

Tutor / Leader: Florence Majewski

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### 211MON23: Cards 500 - Laurimar

Type: Long inc school hols

Dates: 11/01/2021 - 13/12/2021

Frequency: Weekly Course, Mon 13:00 - 16:00

Location: Painted Hills Community Pavil 180W Painted Hills Road Doreen  
Ross

Tutor / Leader: David

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Painted Hills Community Pavillion, 180W Painted Hills Road, Doreen 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.

### 212TUE01: Mah-Jong

Type: Long inc school hols

Dates: 20/04/2021 - 14/12/2021

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

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

Tutor / Leader: Fredman Law

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 Mah-Jong continues through the school holidays.

### 212TUE06: Cards 500 - Epping

Type: Long Course

Dates: 12/01/2021 - 14/12/2021

Frequency: Weekly Course, Tue 10:00 - 13:00

Location: Epping Memorial Hall - Meeting 827 High St Epping

Tutor / Leader: Alby Griffin

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Epping Memorial Hall - Meeting Room Classes continue through School Holidays. DESCRIPTION: We have group sessions of talking and joking while playing cards

### 212TUE11: Snooker

Type: Long Course

Dates: 02/02/2021 - 30/11/2021

Frequency: Weekly Course, Tue 13:00 - 15:00

Location: To Be Advised

Tutor / Leader: John Kolonis

This Class has been suspended for later as there is NO VENUE available. Members will be notified of any change immediately, when there is news THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: May Rd Campus, Senior Citizens Centre, 2b May Road Lalor





**212TUE13: Cards 500 - Lalor**

**Type: Long inc school hols**

**Dates: 20/04/2021 - 14/12/2021**

**Frequency: Weekly Course, Tue 12:30 - 15:30**

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

**Tutor / Leader: Tyrone Dark**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS These sessions continue through School Holidays. LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075

DESCRIPTION: This class plays Cards 500 in a friendly atmosphere. We welcome learners and experienced players

**213WED12: Chess - Develop Skills**

**Type: Long Course**

**Dates: 05/05/2021 - 24/11/2021**

**Frequency: Weekly Course, Wed 13:00 - 15:00**

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

**Tutor / Leader: John Kolonis**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS Beginners welcome as well as experienced players. LOCATION: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor 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.

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## HEALTH and WELL BEING

### **211MON12: Beginners Tai Chi - Lalor**

**Type: Long inc school hols**

**Dates: 08/02/2021 - 13/12/2021**

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

**Location: French St Hall 47a French Street, Lalor**

**Tutor / Leader: Phu Phan**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: French Street Hall, 47A French St, Lalor VIC 3075 COST: NON U3A members will pay \$2.00 a week to attend 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 • Taichi 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

### **211MON15: Yang Tai Chi 24 Form**

**Type: Long inc school hols**

**Dates: 08/02/2021 - 13/12/2021**

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

**Location: French St Hall 47a French Street, Lalor**

**Tutor / Leader: Phu Phan**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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 pieces of the brocade and Yang tai chi 24 form.

### **211MON16: Wu Tao Dance with Meditation**

**Type: Long Course**

**Dates: 01/02/2021 - 29/11/2021**

**Frequency: Weekly Course, Mon 13:30 - 15:00**

**Location: Riverside Com Ctre 8 Doreen Rogan Way South Morang Tutor / Leader: Maria Veerasamy**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

### **211MON19: Tai Chi Sword for Health**

**Type: Long Course**

**Dates: 08/02/2021 - 13/12/2021**

**Frequency: Weekly Course, Mon 11:30 - 12:30**

**Location: French St Hall 47a French Street, Lalor**

**Tutor / Leader: Phu Phan**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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 apply for the Sword Exemption Card in Victoria for the use and carriage of the sword for the purpose of studying and participating in Sword Taichi. This can be applied through Wushu Taichi & Qigong Australia Inc. Tutor will guide members How to apply. REQUIREMENTS: Comfortable clothing, shoes and buckets load of patience. Tai Chi sword 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. 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: - Taichi Sword Yang 32 form - Taichi 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

**211MON25: Indoor Walking Aerobics**

**Type: Long Course**

**Dates: 01/02/2021 - 29/11/2021**

**Frequency: Weekly Course, Mon 12:40 - 13:30**

**Location: French St Hall 47a French Street, Lalor**

**Tutor / Leader: Christine Teh**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Lalor Learning Centre, French Street Hall, 47a French Street, Lalor 3075 From MARCH to NOVEMBER the class will run ONLY the 2,3,4 & 5th Monday of each month REQUIREMENTS: Comfortable walking shoes and clothing. Water bottle.

DESCRIPTION: Walking aerobics is a cardio activity which makes your heart pump stronger and faster, moving oxygen rich blood more efficiently to your muscles, organs and tissue throughout your body. Burns calories, improves heart and lung functions. Lowers the risk of heart disease, stroke and diabetes. Builds strong muscles and bones, improves brain function, and sharpens mental focus and memory. Improves balance and coordination, improves mood, lowers stress and boosts energy levels and improves sleep.

**212TUE03: Tai-Chi Advanced Level**

**Type: Long Course**

**Dates: 02/02/2021 - 30/11/2021**

**Frequency: Weekly Course, Tue 11:30 - 12:30**

**Location: Riverside Com Centre 8 Doreen Rogan Way South Morang Tutor / Leader: Teresa Wong**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Riverside Community Centre Main Room 8 Doreen Rogan Way South Morang. Mel 183 G12 REQUIREMENTS: Basic Knowledge of Tai Chi.

**212TUE09: Tai Chi Beginners Level**

**Type: Long Course**

**Dates: 02/02/2021 - 30/11/2021**

**Frequency: Weekly Course, Tue 10:30 - 11:30**

**Location: Riverside Com Centre 8 Doreen Rogan Way South Morang Tutor / Leader: Christine Teh**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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 Coordination 2) Improves Mental Concentration and Alertness 3) Promotes Healthy Physical and Mental Well Being

**212TUE23: Indoor Walking Aerobics**

**Type: Long Course**

**Dates: 09/03/2021 - 30/11/2021**

**Frequency: Weekly Course, Tue 9:15 - 10:00**

**Location: Riverside Com Centre 8 Doreen Rogan Way South Morang Tutor / Leader: Christine Teh**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Riverside Community Activity Centre, 8 Doreen Rogan Way, South Morang. REQUIREMENTS: Comfortable walking shoes and clothing. Water bottle.

DESCRIPTION: Walking aerobics is a cardio activity which makes your heart pump stronger and faster, moving oxygen rich blood more efficiently to your muscles, organs and tissue throughout your body. Burns calories, improves heart and lung functions. Lowers the risk of heart disease, stroke and diabetes. Builds strong muscles and bones, improves brain function, and sharpens mental focus and memory. Improves balance and coordination, improves mood, lowers stress and boosts energy levels and improves sleep.

**214THU03: Gentle Yoga for Seniors**

**Type: Long Course**

**Dates: 04/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 9:30 - 10:45**

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

**Tutor / Leader: Alma Kristensen**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**214THU13: Beginners Tai Chi for Health**

**Type: Long Course**

**Dates: 04/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 13:30 - 14:30**

**Location: Painted Hills Com Pavil 180W Painted Hills Road Doreen**

**Tutor / Leader: Maria Veerasamy**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS BEGINNERS ONLY LOCATION: Painted Hills Community Pavillion, 180W Painted Hills Road, Doreen 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.

**215FRI06: Tai Chi**

**Type: Long Course**

**Dates: 05/03/2021 - 26/11/2021**

**Frequency: Weekly Course, Fri 12:30 - 14:00**

**Location: Thomastown Library 52 Main Street, Thomastown**

**Tutor / Leader: Teresa Wong**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

**215FRI07: Beginners Yoga**

**Type: Long Course**

**Dates: 23/04/2021 - 26/11/2021**

**Frequency: Weekly Course, Fri 11:30 - 12:30**

**Location: Community Activity Centre 70 Mernda Village Drive, Mernda**

**Tutor / Leader: Ann Bellofiore**

This class will be offered with Government's Permissions THE CLASS WILL START IN 2ND TERM Class Day and Time: Every Friday from 11.30am - 12.30pm LOCATION: Mernda Village Community Activity Centre, 70 Mernda Village Drive, Mernda

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

### **211MON14: Orchid repotting**

**Type: 1 day**

**Dates: 11/10/2021 - 11/10/2021**

**Frequency: 1 Day Course, Mon 10:00 - 12:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Peter Lalor Campus, 34 Robert Street, Lalor 3075

### **211MON26: Introduction to Photography**

**Type: Long Course**

**Dates: 03/05/2021 - 01/11/2021**

**Frequency: 1st monday of Month, Mon 10:00 - 12:00**

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

The Class will be offered the 1st Monday of the month LOCATION: Peter Lalor Campus, 34 Robert St opp Ryder Street Lalor 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.

## VARIOUS INTERESTS

### **213WED03: Book Discussion**

**Type: Long Course**

**Dates: 17/02/2021 - 17/11/2021**

**Frequency: 3rd Wednesday of month, Wed 13:00 - 14:30**

**Location: Private Location Doreen**

**Tutor / Leader: Brenda Gorely**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS The group meets the 3rd Wednesday of the month LOCATION: Private home - contact Office for details. 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

### **213WED23: Family History for Beginners**

**Type: Long Course**

**Dates: 21/04/2021 - 24/11/2021**

**Frequency: Weekly Course, Wed 10:00 - 12:00**

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

**Tutor / Leader: Peter Cleary**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Peter Lalor Campus, 34 Robert Street, Lalor 3075 REQUIREMENTS: Must have own Laptop, Notepad and 8gb USB stick DESCRIPTION: You will be shown how to start your Family History and the different sites to go to find all relevant information

### **214THU11: Family History**

**Type: Long Course**

**Dates: 04/02/2021 - 18/11/2021**

**Frequency: 1st,3rd &5th Thursday of month, Thu 13:00 - 15:00**

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

**Tutor / Leader: Elaine Moore**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### **214THU12: Self Help Genealogy**

**Type: Long Course**

**Dates: 25/02/2021 - 25/11/2021**

**Frequency: 4th Thursday of Month, Thu 13:00 - 15:00**

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

**Tutor / Leader: Anne Heafield**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS Group meets Every 4th Thursday of the month. LOCATION: Mill Park Library Plenty Road Mill Park. Mel 10 C2

### **216SAT03: African Violet Propagation**

**Type: Long Course**

**Dates: 27/02/2021 - 27/11/2021**

**Frequency: 4th Saturday of the month, Sat 9:45 - 12:15**

**Location: Private Home**

**Tutor / Leader: Jan Marshall**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS This Class will run on the 4th Saturday of the month LOCATION: PRIVATE HOME 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)

## LANGUAGES

### **211MON09: Italian - Total Beginners**

**Type: Long Course**

**Dates: 19/04/2021 - 29/11/2021**

**Frequency: Weekly Course, Mon 10:00 - 12:00**

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

**Tutor / Leader: Antonio Pignatelli**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: WU3A Peter Lalor Campus, 34 Robert St opp Ryder St, Lalor, 3075 Course for the Total Beginner. At First Sessions, Tutor will assess students skills and Introduction to course.

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.

### **212TUE21: Skill Up your Mandarin**

**Type: Long Course**

**Dates: 16/02/2021 - 30/11/2021**

**Frequency: Weekly Course, Tue 9:30 - 11:00**

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

**Tutor / Leader: Polly Wong**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Mill Park Library, 394 Plenty Rd, Mill Park AIM: To improve reading and listening skill. Encourage to converse in mandarin.

DESCRIPTION: Some knowledge of Chinese language is essential. Videos and songs are used to assist the practice. Notes supplied. The participants will learn how to write Chinese characters and construct simple sentences in Mandarin. Also they will practice conversation, reading and listening skill.

### **214THU05: Mandarin for Beginners**

**Type: Long Course**

**Dates: 04/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 10:00 - 12:00**

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

**Tutor / Leader: Polly Wong**

This Class has been suspended for later as there is NO VENUE available. Members will be notified of any change immediately, when there is news THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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 AIM: Learn how to pronounce pinyin and Chinese characters. Encourage to practice simple sentences and conversation.

DESCRIPTION: Little or nil knowledge about mandarin are welcome. Learn and practice simple conversation. Notes supplied.

### **214THU20: Italian Language Intermediate**

**Type: Long Course**

**Dates: 25/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 10:00 - 12:00**

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

**Tutor / Leader: Antonio Pignatelli**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS BEGINNERS - Knowledge of Basic Italian Language is required LOCATION: May Rd Campus, Senior Citizens Centre, 2b May Rd, Lalor

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

### **211MON07: E-Book Publishing**

**Type: Long Course**

**Dates: 01/02/2021 - 29/11/2021**

**Frequency: Weekly Course, Mon 13:00 - 15:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### **211MON20: Understanding Depression - Group 1**

**Type: 1 day**

**Dates: 07/06/2021 - 07/06/2021**

**Frequency: 1 Day Course, Mon 13:30 - 15:30**

**Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Bill Gould**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### **211MON21: Understanding Depression - Group 2**

**Type: 1 day**

**Dates: 10/05/2021 - 10/05/2021**

**Frequency: 1 Day Course, Mon 13:30 - 15:30**

**Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Bill Gould**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### **211MON22: Understanding Depression - Group 3**

**Type: 1 day**

**Dates: 12/07/2021 - 12/07/2021**

**Frequency: 1 Day Course, Mon 13:30 - 15:30**

**Location: Peter Lalor Campus 34 Robert St opp Ryder Street Lalor Tutor / Leader: Bill Gould**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### **212TUE18: Creative Writing Group**

**Type: Long Course**

**Dates: 02/02/2021 - 30/11/2021**

**Frequency: Fortnightly, Tue 13:00 - 15:00**

**Location: Jindi Family and Community 48 Breadalbane Avenue, Mernda Tutor / Leader: Jan Marshall**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

### **214THU09: Trivia Night**

**Type: Long Course**

**Dates: 04/02/2021 - 02/12/2021**

**Frequency: 1st,3rd &5th Thursday of month, Thu 19:00 - 21:00**

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



THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

## MUSIC

### **214THU07: Singing For Joy**

**Type: Long Course**

**Dates: 04/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 15:30 - 17:30**

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

**Tutor / Leader: Ron Harvey**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: May Rd Campus, Senior Citizens Club, Main Hall, 2b May Road, Lalor Mel 8 K6

### **214THU17: Ukulele with the Choir**

**Type: Long Course**

**Dates: 04/02/2021 - 25/11/2021**

**Frequency: Weekly Course, Thu 15:30 - 17:30**

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

**Tutor / Leader: Ron Harvey**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: May Rd Campus, Senior Citizens Centre, Meeting Room, 2b May Rd, Lalor 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.

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. 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

**211MON01: Walk and Talk** **Type: Long inc school hols**

**Dates: 11/01/2021 - 13/12/2021** **Frequency: Weekly Course, Mon 9:15 - 10:15**

**Location: Plenty Valley Westfield - Wool** **Tutor / Leader: Mary Renshaw**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: We meet at the Woolworths Entrance Westfield Plenty Valley Mel 183 C 12. These sessions will be run throughout the year All Mondays (except the 1st Monday of the month). 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: Correct walking shoes, wear a hat, sunscreen, and of course carry some water.

DESCRIPTION: Walking for all abilities. These sessions will be run throughout the year. 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.

**211MON10: The Cross Country Walkers** **Type: Long Course**

**Dates: 25/01/2021 - 22/11/2021** **Frequency: 4th Monday of the month, Mon 9:15 - 13:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**212TUE25: Lalor Lazy Walking Group** **Type: None**

**Dates: 04/05/2021 - 30/11/2021** **Frequency: Weekly Course, Tue 9:30 - 11:00**

**Location: Front of Lalor Library 2A May Road Lalor** **Tutor / Leader: Cath Vindgini**

Commencing from the front of Lalor Library in May Road. It would be suitable for those with low fitness levels who would like the companionship of others. REQUIREMENTS: Comfortable walking shoes, bottle of water, comfortable clothing according to weather DESCRIPTION: A gentle one hour walk through the leafy streets of Lalor, followed by morning tea and a chat.

**213WED01: Walking Group** **Type: Long Course**

**Dates: 13/01/2021 - 15/12/2021** **Frequency: Weekly Course, Wed 9:30 - 11:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

**213WED07: Mernda Walking Group** **Type: Long Course**

**Dates: 03/02/2021 - 24/11/2021** **Frequency: Weekly Course, Wed 9:30 - 10:30**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS Group meets EVERY WEDNESDAY at 9.30am. LOCATION: Mernda Village Shopping Centre Mel 390 G8. 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.

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**214THU01: Bike Riding** **Type: Long inc school hols**  
**Dates: 04/02/2021 - 16/12/2021** **Frequency: Weekly Course, Thu 9:00 - 12:30**  
**Location: Various Locations Co** **Tutor / Leader: Allan Fowler**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

**216SAT02: Gardening for Enjoyment** **Type: Long Course**  
**Dates: 06/02/2021 - 27/11/2021** **Frequency: Weekly Course, Sat 10:00 - 12:00**  
**Location: Lalor Links Community Garden 405 Station Street Lalor** **Tutor / Leader: Yolanda Avery**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**217SUN02: Discover Melbourne By Train** **Type: Long Course**  
**Dates: 14/02/2021 - 12/12/2021** **Frequency: 2nd Sunday of the month, Sun 8:15 - 0:00**  
**Location: Meet at Sth Morang Station McDonalds Rd, South Morang** **Tutor / Leader: Sue Meers**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**217SUN03: Discover Melbourne by Train - GROUP 2** **Type: Long Course**  
**Dates: 21/02/2021 - 21/11/2021** **Frequency: 3rd Sunday of the month, Sun 9:00 - 0:00**  
**Location: Meet at Sth Morang Station McDonalds Rd, South Morang** **Tutor / Leader: Marion Gaylard**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 3rd Sunday of the Month. NO TRAIN TRIP ON JULY & AUGUST LOCATION: Meet at South Morang Station at 9.00am. TRAVELING IN LAST CARRIAGE: Can Get on at Other Stations. REQUIREMENTS: Casual Clothing & Sturdy Shoes, Water bottle, Hat (for warm weather) and LANYARDS are Essential. Bring your MYKI Card. Weekend travel is free for Seniors but you still need to have your MYKI card

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

**217SUN04: Leisurely Sunday Bike Rides** **Type: Long inc school hols**  
**Dates: 31/01/2021 - 19/12/2021** **Frequency: Weekly Course, Sun 9:00 - 11:00**  
**Location: Various locations** **Tutor / Leader: Shirley Louie**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

**217SUN05: Exploring Melbourne's Gardens**

**Type: Long Course**

**Dates: 28/02/2021 - 28/11/2021**

**Frequency: 4th Sunday Of the month, Sun 9:00 - 16:00**

**Location: Various locations**

**Tutor / Leader: Michael Mikedis**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

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. NO SPECIAL SKILLS OR KNOWLEDGE REQUIRED, JUST LOVE THE GARDENS AND THE OUTDOORS

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## SOCIAL ACTIVITIES

### **211MON08: Leprechaun Trivia Afternoon**

**Type: Long Course**

**Dates: 19/04/2021 - 22/11/2021**

**Frequency: None, Mon 13:00 - 15:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: Peter Lalor Campus, 34 Robert St, Lalor, 3075 GROUP WILL MEET ON THE 1st AND 3rd WEEKS OF THE 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

### **211MON11: WU3A Discussion Over Coffee**

**Type: Long Course**

**Dates: 22/02/2021 - 22/11/2021**

**Frequency: 4th Monday of the month, Mon 11:00 - 12:30**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS WE MEET AT THE 4th MONDAY OF THE MONTH LOCATION: Whittlesea Community Activity Centre, 57-61 Laurel St, Whittlesea Melway 246 H9

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

### **214THU10: Sharing A Meal Together**

**Type: Long Course**

**Dates: 25/02/2021 - 25/11/2021**

**Frequency: 4th Thursday of Month, Thu 18:00 - 20:30**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS We meet the 4th Thursday of the Month LOCATION: May Rd Campus, Senior Citizen's Club, Main Hall, 2b May Road, Lalor, Mel8 K6. 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

### **215FRI08: Coffee and Chat on Friday**

**Type: Long Course**

**Dates: 05/02/2021 - 26/11/2021**

**Frequency: Weekly Course, Fri 14:00 - 16:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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

### **215FRI09: Film Night**

**Type: Long Course**

**Dates: 26/02/2021 - 26/11/2021**

**Frequency: Last Friday of the month, Fri 17:30 - 0:00**

**Location: Readings Cinema Epping 71-583 High St, Epping Tutor / Leader: Gloria Mason**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

## SPORT

**212TUE04: Table Tennis - May Rd** **Type: Long Course**

**Dates: 02/02/2021 - 30/11/2021** **Frequency: Weekly Course, Tue 13:00 - 16:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**212TUE05: Bocce** **Type: Long Course**

**Dates: 02/02/2021 - 30/11/2021** **Frequency: Weekly Course, Tue 13:00 - 16:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: May Rd Campus, Senior Citizen's Club 2b May Road Lalor Mel 8 K 6

**212TUE07: Golf Day** **Type: Long inc school hols**

**Dates: 12/01/2021 - 14/12/2021** **Frequency: Weekly Course, Tue 8:30 - 0:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**213WED09: Table Tennis - French St** **Type: Long Course**

**Dates: 03/02/2021 - 24/11/2021** **Frequency: Weekly Course, Wed 11:30 - 13:30**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS NO CLASSES DURING SCHOOL HOLIDAYS LOCATION: French St Hall, 47a French Street, Lalor 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.

**214THU06: Carpet Bowls** **Type: Long Course**

**Dates: 04/02/2021 - 25/11/2021** **Frequency: Weekly Course, Thu 13:00 - 15:00**

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

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**214THU14: Tennis** **Type: Long Course**  
**Dates: 04/02/2021 - 25/11/2021** **Frequency: Weekly Course, Thu 9:30 - 12:00**  
**Location: Lalor Tennis Club Sydney Cres Lalor** **Tutor / Leader: Ann Sangwell**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 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.

**214THU15: Bocce** **Type: Long Course**  
**Dates: 04/02/2021 - 25/11/2021** **Frequency: Weekly Course, Thu 13:00 - 16:00**  
**Location: Senior Citizen's Lalor - 2b May Rd, Lalor Lalor** **Tutor / Leader: Hans Majewski**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS LOCATION: May Rd Campus, Seniors Citizen Club, 2b May Road, Lalor, Mel 8 K6

**214THU25: Walking Football - Ladies** **Type: Long Course**  
**Dates: 22/04/2021 - 25/11/2021** **Frequency: Weekly Course, Thu 9:30 - 11:00**  
**Location: Stables Shopping Centre Redleap Ave Mill Park** **Tutor / Leader: Gerry Fay**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS THIS CLASS IS FOR LADIES  
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.

**214THU26: Walking Football - Gentlemen** **Type: Long Course**  
**Dates: 22/04/2021 - 25/11/2021** **Frequency: Weekly Course, Thu 11:00 - 12:30**  
**Location: Stables Shopping Centre Redleap Ave Mill Park** **Tutor / Leader: Gerry Fay**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS THIS CLASS IS FOR GENTLEMEN  
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.

**216SAT01: Ten Pin Bowling** **Type: Long Course**  
**Dates: 06/02/2021 - 06/11/2021** **Frequency: 1st Saturday of the Month, Sat 15:00 - 17:00**  
**Location: Epping OZ Ten Pin Bowling 1-53 Millers Street Epping** **Tutor / Leader: Glen Wall**

THIS CLASS WILL GO AHEAD ONLY AFTER GOVERNMENT'S PERMISSIONS 1st Saturday of The Month  
LOCATION: Epping OZ Ten Pin Bowling 41-53 Millers Street Epping Mel 182 A11. COST: \$12.00 a session

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