



## **Whittlesea U3A Inc**

### **2022 Courses**

4 September 2022

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## Art Activities

**224THU28: Art For Fun**

**Type: Long Course**

**Dates: 03/02/2022 - 24/11/2022**

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

**Location: Jindi Family and Community 48 Breadalbane Avenue, Mernda**

**Tutor / Leader: Noelene Jardine**

LOCATION: Jindi Family and Community Centre 48 Breadalbane Avenue Mernda DESCRIPTION: There are 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. During Lockdown and COVID restrictions this class is run via ZOOM and the leader will provide the link

REQUIREMENTS: Each person attending must bring their own materials and paper (according to medium), pencils, acrylics, watercolours, oils, pencils and brushes.

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## Book Discussion

**223WED02: Book Discussion**

**Type: Long Course**

**Dates: 16/02/2022 - 16/11/2022**

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

**Location: Private Location Doreen Please contact office Doreen**      **Tutor / Leader: Brenda Gorely**

LOCATION: Private home - contact Office for details. DESCRIPTION: The group meets the 3rd Wednesday of the month 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. Afterwards we have afternoon tea and a chat.

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## Computers and General Technology

**221MON01: Computer, Android, Social Media Support** **Type: Long Course**

**Dates: 31/01/2022 - 21/11/2022** **Frequency: Weekly Course, Mon 10:00 - 12:00**

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

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: The leader will provide hands on support to assist members overcome problems being experienced with the use of their devices. Support will also be provided for: social media such as Facebook, What's App, Viber, Windows 10 and MSOffice (Word EXCEL)

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.,

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**221MON25: Computers for Advanced Beginners** **Type: Long Course**

**Dates: 11/07/2022 - 26/12/2022** **Frequency: Weekly Course, Mon 10:30 - 12:30**

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

LOCATION: Thomastown Library Computer Room 2/52 Main Street Thomastown DAY: DESCRIPTION: This is an advanced computer class where the tutor will discuss all aspects of computer use including Office PREREQUISITE: Good understanding of computer use with a desire to increase your skills

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**222TUE01: Laptop Windows** **Type: Long Course**

**Dates: 01/02/2022 - 29/11/2022** **Frequency: Weekly Course, Tue 13:30 - 15:30**

**Location: Thomastown Library 52 Main Street, Thomastown Tutor / Leader: Kevin Whelan**

LOCATION: Thomastown Library Computer Room 2/52 Main Street Thomastown Plenty of parking. DESCRIPTION: This is NOT a beginners class. 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.

REQUIREMENTS: Bring your laptop computer with Windows 10.

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**222TUE02: Laptop Win 10 Advanced** **Type: Long Course**

**Dates: 01/02/2022 - 29/11/2022** **Frequency: Weekly Course, Tue 13:00 - 15:00**

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

LOCATION: May Rd Campus Senior Citizens Building 2B May Rd Lalor DESCRIPTION: This is not a beginners course. Some knowledge of computers is essential. The course covers Microsoft Word, internet and emails. You will also learn how to download photos from cameras, phones, iPads and more. Please make sure your computer has MICROSOFT OFFICE installed. Speak to the tutor if you are not sure what this means.

REQUIREMENTS: Laptop with WIN 10 & mouse, notebook & pen USB 4 or 8 GB.

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**222TUE19: Digital Literacy Training** **Type: Long Course**

**Dates: 01/02/2022 - 22/11/2022** **Frequency: Weekly Course, Tue 14:30 - 16:30**

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

LOCATION: Peter Lalor Campus, 34 Robert St opp. Ryder Street Lalor DESCRIPTION: General digital literacy training focuses on topics like social media, applications, online interactivity and safety, communication, assistance, device daily management and help, with a focus on 'day-to-day' learning. This course will be available as a hybrid class – both ZOOM and face-to-face.

REQUIREMENTS: Participants are to bring their own electronic device. This face-to-face class runs at the same time as the online class 222TUE20

**222TUE20: Digital Literacy Training ONLINE**

**Type: Long Course**

**Dates: 01/02/2022 - 27/12/2022**

**Frequency: Weekly Course, Tue 14:30 - 16:30**

**Location: Online via ZOOM**

**Tutor / Leader: Janice Boswell**

LOCATION: Peter Lalor Campus, 34 Robert St opp. Ryder Street Lalor DESCRIPTION: General digital literacy training focuses on topics like social media, applications, online interactivity and safety, communication, assistance, device daily management and help, with a focus on 'day-to-day' learning. This course will be available as a hybrid class – both ZOOM and face-to-face.

REQUIREMENTS: Participants are to bring their own electronic device. This online class runs at the same time as the face-to-face class 222TUE19

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**222TUE21: Specialist EXCEL – ONLINE**

**Type: None**

**Dates: 01/02/2022 - 29/11/2022**

**Frequency: Weekly Course, Tue 10:30 - 12:00**

**Location: Online via ZOOM**

**Tutor / Leader: Ben Caruana**

LOCATION: ONLINE DESCRIPTION: THIS IS NOT A BEGINNERS CLASS. The purpose of this class is to share skills and experiences among students with a love of and having advanced knowledge of EXCEL, have macro writing experience or would like to move on from just having advanced knowledge of EXCEL to writing macro code to enhance the created EXCEL file. It is a self-motivated class environment where we can share, help, or simply expand our EXCEL knowledge with one other. The class will be structured where students will be encouraged to create, participate, and at times lead in class projects, with the TUTOR being there for guidance and assistance with the more complex issues.

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**222TUE25: Digital Literacy Popup Support Prog #2.**

**Type: Long Course**

**Dates: 07/06/2022 - 29/11/2022**

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

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

LOCATION: Growling Frog Golf Course 1910 Donnybrook Road Yan Yean DESCRIPTION: Are you a senior in our community? Do you want to improve your digital skills to access services? Join us at DPV Health to learn how to access telehealth appointments, use online portals like MyGov, Medicare & QR codes REQUIREMENT: Your own device such as phone, tablet or laptop

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**223WED03: Apple iPHONE & iPAD Self Help - ONLINE**

**Type: Long Course**

**Dates: 02/02/2022 - 30/11/2022**

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

**Location: Online via ZOOM**

**Tutor / Leader: Janice Boswell**

LOCATION: ONLINE DESCRIPTION: Help each other to run through some of the iPhone/iPad features and learn to use them more efficiently. 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. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENT: Bring either or both your iPHONE and iPAD This class will run at the same time as the face to face class 223WED06.

**223WED04: Apple iPHONE & iPAD - ONLINE**

**Type: ONLINE Long**

**Dates: 02/02/2022 - 30/11/2022**

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

**Location: Online via ZOOM**

**Tutor / Leader: Janice Boswell**

LOCATION: ONLINE DESCRIPTION: We try to run through some of the iPhone/iPad features and learn to use them more efficiently. 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. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENT: Bring either or both your iPHONE and iPAD This class will run at the same time as the face to face class 223WED05

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**223WED05: Apple iPHONE & iPAD**

**Type: Long Course**

**Dates: 02/02/2022 - 30/11/2022**

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

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

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: We try to run through some of the iPhone/iPad features and learn to use them more efficiently. 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. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENTS: Bring either or both your iPHONE and iPAD. This class will run at the same time as the online class 223WED04

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**223WED06: Apple iPHONE & iPAD Self Help**

**Type: Long Course**

**Dates: 02/02/2022 - 30/11/2022**

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

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

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: Help each other to run through some of the iPhone/iPad features and learn to use them more efficiently. 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. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENTS: Bring along your iPHONE or your iPAD or both. This class will run at the same time as the online class 223WED03

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**223WED27: Digital Literacy Popup Support Prog.**

**Type: Long Course**

**Dates: 30/03/2022 - 02/11/2022**

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

**Location: DPV Health Mill Park 20 Civic Drive Mill Park**

**Tutor / Leader: Glen Wall**

LOCATION: 1st Floor, DPV Health 20 Civic Drive, Mill Park DESCRIPTION: Are you a senior in our community? Do you want to improve your digital skills to access services? Join us at DPV Health to learn how to access telehealth appointments, use online portals like MyGov, Medicare & QR codes REQUIREMENT: Your own device such as phone, tablet or laptop

**224THU03: Technology and Computers for Seniors**

**Type: Long Course**

**Dates: 03/02/2022 - 29/12/2022**

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

**Location: Online via ZOOM**

**Tutor / Leader: Glen Wall**

LOCATION: ONLINE 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

REQUIREMENTS: Bring your own Laptop and notebook USB Stick & Pen. This online class runs at the same time as the face-to-face class 224THU05

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**224THU05: Technology and Computers for Seniors**

**Type: Long Course**

**Dates: 03/02/2022 - 24/11/2022**

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

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

**Tutor / Leader: Glen Wall**

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 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

REQUIREMENTS: Bring your own Laptop and notebook USB Stick & Pen. This face-to-face class runs at the same time as the online class 224THU03

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**224THU06: Windows 10 Computer Support**

**Type: Long Course**

**Dates: 03/02/2022 - 24/11/2022**

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

**Location: Senior Citizen 2b May Rd, Lalor**

**Tutor / Leader: Kathy Lizio**

LOCATION: May Rd Campus Senior Citizens Building 2B May Rd Lalor DESCRIPTION: The course will offer support for Windows 10. Working together we solve problems and answer questions that will help to participants use their PC more effectively. Please make sure your computer has MICROSOFT OFFICE installed. Speak to the tutor if you are not sure what this means.

REQUIREMENTS: Laptop with WIN 10 & mouse notebook & pen USB 4 or 8 GB.

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**224THU30: Laptop Trouble shooting**

**Type: Long Course**

**Dates: 03/02/2022 - 01/12/2022**

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

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

LOCATION: Peter Lalor Campus 34 Robert Street Lalor, opp. Ryder Street LALOR 3075 DESCRIPTION: Get assistance with your laptop. Have a problem then make an appointment with the tutor and in a one to one environment get assistance to solve it. REQUIREMENTS: PC Laptop

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**224THU32: Android Devices - Learn how to use**

**Type: Long Course**

**Dates: 28/04/2022 - 01/12/2022**

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

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

**Tutor / Leader: Peter Cleary**

LOCATION: Peter Lalor Campus 34 Robert Street Lalor, opp. Ryder Street LALOR 3075 DESCRIPTION: Learn how to use your Android phone (Samsung etc) and Android tablet. This class covers the basic apps on these devices. There will be a different focus every week and lots of time to ask questions and have your problems solved. If you enrol in this class please ensure you attend weekly. REQUIREMENTS: Android smartphone and/or Android tablet.

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**225FRI03: Computers Level 1**

**Type: Long Course**

**Dates: 04/02/2022 - 25/11/2022**

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

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

LOCATION: Thomastown Library Computer Room 2/52 Main Street Thomastown DESCRIPTION: In this class you will learn: \* Saving images from the internet \* Changing file names \* Creating new folders \* Moving files / pictures into folders.

REQUIREMENTS: Bring a 4GB USB memory stick; notebook & pen and some basic computer knowledge

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**225FRI11: Digital Literacy Support Prog #4 ONLINE**

**Type: ONLINE Long**

**Dates: 03/06/2022 - 25/11/2022**

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

**Location: Online via ZOOM**

**Tutor / Leader: Glen Wall**

LOCATION: ONLINE - USING 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.

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**225FRI15: Digital Literacy Popup Support Prog #3**

**Type: Long Course**

**Dates: 03/06/2022 - 02/12/2022**

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

**Location: Thomastown Neighborhood House 52 Main Street Thomastown**

**Tutor / Leader: Peter Rodaughan**

LOCATION: Thomastown Neighbourhood House, 52 Main St, Thomastown. This is part of Thomastown Library Complex DESCRIPTION: Are you a senior in our community? Do you want to improve your digital skills to access services? Join us at Thomastown Library to learn how to access telehealth appointments, use online portals like MyGov, Medicare & QR codes REQUIREMENT: Your own device such as phone, tablet or laptop

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## Craft

### **221MON02: Crochet**

**Type: Long Course**

**Dates: 31/01/2022 - 21/11/2022**

**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**

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION Hi my name is Freda and I'm the leader of the crochet class. The ladies who come to the class make a variety of things like baby blankets, scarves, granny squares and toys. Some of them make jackets and hats for charities. We all work at our own pace. It is a great group and we enjoy having a chat and a laugh together. The class runs on 1st 3rd & 5th Monday.

REQUIREMENTS: Require crochet hook size 3 1/5 to 5 and 4 and 8 ply wool

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### **222TUE22: Jewellery Making**

**Type: Long Course**

**Dates: 08/02/2022 - 29/11/2022**

**Frequency: Weekly Course, Tue 9:15 - 11:00**

**Location: Mill Park Community Centre 11 Mill Park Drive (cnr Blamey Ave) Mill Park**

**Tutor / Leader: Christina Stamatopoulos**

LOCATION: Mill Park Community Centre Cnr Blamey Ave & Mill Park Drive Mill Park DESCRIPTION: Learn to make simple jewellery using both natural material, cord, bought beads, elastic, and pearls. Tutor will discuss with participants the tools needed for the activity. There may be a small cost involved depending on materials used. The jewellery made will include bracelets, necklaces, earrings and rings. REQUIREMENTS: Some tools may be needed. This will be discussed at the beginning of the session

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### **223WED08: Hand Sewing for Unfinished Projects**

**Type: Long Course**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Weekly Course, Wed 11:00 - 14:00**

**Location: Janefield Community Centre 2 Manchester Crescent Bundoora**

**Tutor / Leader: Joh Griffin**

LOCATION: Janefield Community Centre 2 Manchester Cres. Bundoora DESCRIPTION: Bring your unfinished objects/projects of sewing to complete them in a friendly and inclusive social environment

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### **223WED09: Knitters Group**

**Type: Long Course**

**Dates: 02/02/2022 - 16/11/2022**

**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**

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: This group meets on the 1st and 3rd Wednesday mornings of the month. 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.

REQUIREMENTS: Bring 2 balls of wool and size 4mm needles to the first session and your own cup.

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**224THU07: Origami 3D (Golden Ventures folding) Type: Long Course**

**Dates: 10/02/2022 - 24/11/2022 Frequency: Weekly Course, Thu 11:00 - 12:00**

**Location: Peter Lalor Campus 34 Robert St opp. Ryder Street Lalor Tutor / Leader: Phu Phan**

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: Origami is the art of paper cutting and folding. 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 is open for all members who are keen on this folding paper art and challenge their patience. 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)

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 the year there with 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.

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**224THU29: Paper Quilling Arts Type: Long Course**

**Dates: 10/02/2022 - 29/12/2022 Frequency: Weekly Course, Thu 12:00 - 13:00**

**Location: Peter Lalor Campus 34 Robert St opp. Ryder Street Lalor Tutor / Leader: Phu Phan**

LOCATION: Peter Lalor College 34 Robert St opp. Ryder Street, Lalor DESCRIPTION: Learn the art of quilling. Use strips of coloured paper to create shapes, designs and pictures. REQUIREMENTS: Come to the lesson and get requirements from the tutor.

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**225FRI05: Busy Hands Circle Type: Long Course**

**Dates: 04/02/2022 - 25/11/2022 Frequency: Weekly Course, Fri 10:00 - 15:00**

**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 finish our unfinished projects (sewing quilting patchwork embroidery knitting crochet) and we have fun as well

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**225FRI06: Card Making-Instructional & Self Hel Type: Long Course**

**Dates: 04/02/2022 - 25/11/2022 Frequency: Weekly Course, Fri 9:15 - 11:30**

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

**Tutor / Leader: Christine Czerny**

LOCATION: Nick Ascenzo Community Centre 2 Boronia Avenue Thomastown DESCRIPTION: This class is for members who have experience in making cards. Cost \$4.00 as Tutor provides the design, die-cuts, patterns and templates. Cost will be lower if you do one instructional card. As the class is also Self Help you need to bring your own materials. NO NEED TO PAY \$4.00 if you do your own thing. Two greeting cards are designed by leader for each 2 hour session and instructions are provided. Types of cards : Iris and various folding cards, layering papers, birthday, Christmas etc.

REQUIREMENTS: All members need to bring along their card making essentials. There is a Tool Kit which everyone is expected to have. Cutting mat, Ruler with inches and cms, pencil, eraser, scissors and/or small sharp scissors, bone folder, craft knife, glue, spare paper, preferably A4 size, die release tool, tweezers, double sided & 3D tape paper Trimmer (optional), plastic container for rubbish, envelope or plastic sleeve for unfinished work. PLEASE NAME ALL PERSONAL ARTICLES

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## Multicultural Activities and Information

**225FRI14: Middle Eastern Cultural Awareness**

**Type: Long Course**

**Dates: 11/02/2022 - 02/12/2022**

**Frequency: Weekly Course, Fri 17:00 - 22:00**

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

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 OBJECTIVE: To share cultural experiences through discussion. DESCRIPTION: This is part of the Whittlesea U3A's cultural awareness program. Dr Dawood Sammour, the tutor, has experienced life in Palestine Jordan and Australia.

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## Dancing

**223WED11: Line Dancing for Exercise #1** **Type: Long inc school hols**

**Dates: 02/02/2022 - 07/12/2022** **Frequency: Weekly Course, Wed 10:30 - 12:00**

**Location: Epping Memorial Hall 827 High St Epping** **Tutor / Leader: Mia Jenkins**

LOCATION: Epping Memorial Hall, 827 High St. Epping DESCRIPTION: This line dancing class is a general class covering all dancers from beginners to intermediate.

REQUIREMENTS: Wear comfortable NON SLIPPERY shoes

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**223WED28: End Of Year Line Dancing Social** **Type: 1 day**

**Dates: 07/12/2022 - 07/12/2022** **Frequency: 1 Day Course, Wed 10:00 - 15:00**

**Location: Epping Memorial Hall 827 High St Epping** **Tutor / Leader: Mia Jenkins**

LOCATION: Epping Memorial Hall, Epping DESCRIPTION: This End of Year Activity is being organised to celebrate all the achievements of 2022 with a line-dancing social. It is open for both members and non members. Members need to enrol in the class and give a gold coin donation when they attend the event. Non members need to pay a gold coin donation plus \$5 when they get to the venue. Non members don't need to be registered. Just bring them along and they can pay on the day. Could everyone also bring a plate for afternoon tea (the charge is to cover costs like tea and coffee etc.)?

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**223WED29: Line Dancing Advanced** **Type: Long inc school hols**

**Dates: 07/09/2022 - 09/12/2022** **Frequency: Weekly Course, Wed 10:00 - 11:00**

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

LOCATION: French Street Hall, French St Lalor DESCRIPTION: This is the line dancing session for advanced/experience dances. No teaching will be provided

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**223WED30: Line Dancing For Exercise #2** **Type: Long inc school hols**

**Dates: 07/09/2022 - 07/12/2022** **Frequency: Weekly Course, Wed 11:00 - 12:00**

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

LOCATION: French Street Hall, French Street, Lalor DESCRIPTION: This is a Line Dance session for those wishing to get a good workout whilst dancing. No teaching will be provided and the session is fast pace and suitable for all levels other than beginners

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**224THU31: Line Dancing - For Experienced Dancers** **Type: Long inc school hols**

**Dates: 24/03/2022 - 08/12/2022** **Frequency: Weekly Course, Thu 15:30 - 17:00**

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

LOCATION: Lalor Learning Centre French Street Hall 47a French Street Lalor 3075 DESCRIPTION: This line dancing class, which is for experienced dancers will be running through the holidays. This is NOT a beginners class and no teaching will be provided. This activity is for experienced dancers and the tutor will be focussing on Level 3 dancing. If you enrol in this class you will be waitlisted and the tutor will contact you.

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**224THU33: Line Dancing BEGINNERS ONLY** **Type: Long inc school hols**

**Dates: 14/07/2022 - 08/12/2022** **Frequency: Weekly Course, Thu 9:30 - 10:30**

**Location: French St Hall 47a French Street, Lalor** **Tutor / Leader: Cathy Gatt**

LOCATION: French Street Hall 47A French St Lalor VIC 3075 DESCRIPTION: This new line dancing program is for BEGINNERS ONLY. The tutors of the class will be teaching simple steps to the beginner line dancer and then applying them to simple dance moves. It is NOT a class for the experienced dancer as the steps taught will be at the BEGINNERS' LEVEL ONLY.

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**225FRI07: Line Dancing for Exercise 1**

**Type: Long inc school hols**

**Dates: 04/02/2022 - 09/12/2022**

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

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

**Tutor / Leader: Cathy Gatt**

LOCATION: Epping Memorial Hall, 827 High St. Epping DESCRIPTION: This is a class which combines line dancing techniques with exercise. It is for all levels

REQUIREMENTS: Wear Comfortable non slippery shoes

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**225FRI08: Line Dancing for Exercise 2**

**Type: Long inc school hols**

**Dates: 04/02/2022 - 09/12/2022**

**Frequency: Weekly Course, Fri 10:45 - 11:45**

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

**Tutor / Leader: Cathy Gatt**

LOCATION: Epping Memorial Hall, 827 High St. Epping DESCRIPTION: This is a class which combines line dancing techniques with exercise. It is for all levels

REQUIREMENTS: Wear Comfortable non slippery shoes

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**225FRI16: Line Dancing for Fun**

**Type: Long inc school hols**

**Dates: 12/08/2022 - 09/12/2022**

**Frequency: Weekly Course, Fri 10:30 - 12:00**

**Location: Epping Activity Community Cent 378 Findon Rd Epping**

**Tutor / Leader: Mia Jenkins**

LOCATION: Epping Activity Community Centre 378 Findon Rd Epping 3076 DESCRIPTION: This line dancing class is a general ability class covering from those with a little skill to intermediate. It is aimed as a fun activity where you can extend your line dancing knowledge and have fun whilst exercising.

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## Exercise

### **221MON05: Walk and Talk**

**Type: Long inc school hols**

**Dates: 31/01/2022 - 28/11/2022**

**Frequency: Weekly Course, Mon 9:15 - 10:15**

**Location: Plenty Valley Westfield 415 McDonalds Rd South Morang Tutor / Leader: Mary Renshaw**

LOCATION: Woolworths Entrance Westfield Plenty Valley DESCRIPTION: Please meet NEAR WOOLWORTHS unless otherwise informed by the tutor. Walking is for all abilities. These sessions, which run on a Monday, will run throughout the year except for the 1st Monday of the month due to monthly Morning Tea. We meet at the allocated venue at 9.10am and walk around the area for approximately one hour and return afterwards for Morning Tea. The walk around the South Morang and learn about the local area. Afterwards we return to Westfield shopping complex where everyone meets for a drink and a chat at the food court 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.

REQUIREMENTS: Correct walking shoes wear a hat sunscreen and of course carry some water.

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### **221MON06: The Cross Country Walkers**

**Type: Long Course**

**Dates: 28/02/2022 - 28/11/2022**

**Frequency: 4th Monday of the month, Mon 9:15 - 13:00**

**Location: Council Car Park Ferres Blvd South Morang**

**Tutor / Leader: Ching Wong**

LOCATION: Whittlesea Council Car Park, Ferres Blvd. South Morang DESCRIPTION: We meet every 4th Monday of the month at Whittlesea Shire Office car park at 9.00am for a 9.15am start and finish between 12.30pm and 1.00pm. In some occasions we will car pool together. It is walking suitable for the MODERATELY FIT with an average level of fitness. We offer a variety of walks mainly in the north close to home. Very friendly group. A lot of sharing and friendship.

REQUIREMENTS : Good walking shoes, hat, sunscreen & supply of water.

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### **221MON07: Indoor Walking Aerobics**

**Type: Long Course**

**Dates: 02/05/2022 - 28/11/2022**

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

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

**Tutor / Leader: Mary Leeds**

LOCATION: Lalor Learning Centre French Street Hall 47a French Street Lalor 3075 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. Burning calories improves heart and lung functions, lowers the risk of heart disease, stroke and diabetes. It builds strong muscles and bones, improves brain function, and sharpens mental focus and memory. It also improves balance and coordination mood and lowers stress, boosts energy levels and improves sleep.

REQUIREMENTS: Comfortable walking shoes and clothing. Water bottle.

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### **222TUE06: Indoor Walking Aerobics**

**Type: Long Course**

**Dates: 26/04/2022 - 29/11/2022**

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

**Location: Riverside C C 8 Doreen Rogen Way South Morang**

**Tutor / Leader: Ann McGuire**

LOCATION: Riverside Community Activity Centre 8 Doreen Rogen Way South Morang. 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. Burning calories improves heart and lung functions, lowers the risk of heart disease, stroke and diabetes. It builds strong muscles and bones, improves brain function, and sharpens mental focus and memory. It also improves balance and coordination mood and lowers stress, boosts energy levels and improves sleep.

REQUIREMENTS: Comfortable walking shoes and clothing and a water bottle

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**222TUE07: Lalor Lazy Walking Group** **Type: Long Course**  
**Dates: 01/02/2022 - 29/11/2022** **Frequency: Weekly Course, Tue 9:30 - 11:00**  
**Location: Front of Lalor Library 2A May Road Lalor** **Tutor / Leader: Cath Vindgini**

LOCATION: Commencing from the front of Lalor Library, 2A May Road, Lalor DESCRIPTION: A gentle one hour walk through the leafy streets of Lalor followed by morning tea and a chat. 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

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**223WED12: Exercises for Healthy Ageing** **Type: Long inc school hols**  
**Dates: 02/03/2022 - 30/11/2022** **Frequency: Weekly Course, Wed 14:00 - 15:00**  
**Location: Thomastown Library 52 Main Street, Thomastown** **Tutor / Leader: Helen Ang**

LOCATION: Thomastown Library Community Room 2/52 Main Street Thomastown 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. Sessions continue through school holidays.

REQUIREMENTS: Casual clothing dumbbell ball; stretching bands hand/ankle weights (optional).

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**223WED13: Walking Group** **Type: Long Course**  
**Dates: 02/02/2022 - 30/11/2022** **Frequency: Weekly Course, Wed 9:30 - 11:00**  
**Location: Norris Bank Reserve 135 McLeans Rd, Bundoora** **Tutor / Leader: Beth Pearce**

LOCATION: Norris Bank Reserve 135 McLeans Rd Bundoora 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

REQUIREMENTS: Casual clothing & comfortable walking shoes.

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**223WED14: Mernda Walking Group** **Type: Long Course**  
**Dates: 02/02/2022 - 30/11/2022** **Frequency: Weekly Course, Wed 9:30 - 10:30**  
**Location: Mernda Village Shops 7a/57 Mernda Village Dve, Mernda** **Tutor / Leader: Jeanette Daisley**

LOCATION: Mernda Village Shopping Centre. 7a/57 Mernda Village Drive, Mernda DESCRIPTION: Meet outside Fergusons Cake Shop Mernda Shopping Centre. We walk approx. 1hr and after have a cup of coffee at Fergusons Cake Shop for a chat.

REQUIREMENTS: Bottle of water; comfortable shoes; hat membership lanyards;

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**224THU10: Exercise for Healthy Living - Lalor** **Type: Long Course**  
**Dates: 03/02/2022 - 24/11/2022** **Frequency: Weekly Course, Thu 11:00 - 12:00**  
**Location: Senior Citizen 2b May Rd, Lalor** **Tutor / Leader: Kumar Chandrakumar**

LOCATION: May Rd Campus Senior Citizen's Building (behind Lalor Library) 2b May Rd Lalor DESCRIPTION: The class is designed to develop for class participants an exercise regime suitable to support a healthy living lifestyle.

REQUIREMENTS: Shoes and loose clothes suitable for exercise and exercise mat

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**224THU12: Bike Riding** **Type: Long inc school hols**  
**Dates: 03/02/2022 - 24/11/2022** **Frequency: Weekly Course, Thu 9:00 - 12:30**  
**Location: Various locations** **Tutor / Leader: Allan Fowler**

LOCATION: Various locations 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 also have a coffee stop as well. Contact Alan Fowler 0419 374 512

REQUIREMENTS: Full bike riding equipment required. A Bike in reasonable condition with good tyres bike helmet. Riders must have reasonable fitness

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**227SUN01: Leisurely Sunday Bike Rides**

**Type: Long inc school hols**

**Dates: 06/02/2022 - 27/11/2022**

**Frequency: Weekly Course, Sun 9:00 - 11:00**

**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

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## Games

### **221MON08: Scrabble**

**Type: Long inc school hols**

**Dates: 31/01/2022 - 28/11/2022**

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

**Location: Mill Park Community Centre 11 Mill Park Drive (cnr Blamey Ave) Mill Park**

**Tutor / Leader: Joan Delbridge**

LOCATION: Mill Park Community Centre Cnr Blamey Ave & Mill Park Drive Mill Park DESCRIPTION: Have a way with words, then you will love playing Scrabble with friends. Sessions will continue through the school holidays on arrangement with the tutor.

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### **221MON09: Canasta / Samba Cards**

**Type: Long inc school hols**

**Dates: 31/01/2022 - 19/12/2022**

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

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

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

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### **221MON10: Cards 500 - Laurimar**

**Type: Long inc school hols**

**Dates: 31/01/2022 - 28/11/2022**

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

**Location: Laurimar Community Act.Centre 110 Hazel Glen Drive Doreen** **Tutor / Leader: David Ross**

LOCATION: Laurimar Community Activity Centre, 110 Hazel Glen Drive 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.

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### **222TUE08: Mah-Jong**

**Type: Long inc school hols**

**Dates: 01/02/2022 - 29/11/2022**

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

**Location: Peter Lalor Campus 34 Robert St opp. Ryder Street Lalor** **Tutor / Leader: Margaret Healy**

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: Mah-Jong continues through the school holidays. This ancient Chinese game uses small tiles and usually 4 players per group. It is a game of strategy similar but not the same as gin rummy as tiles are placed in groups. Don't worry if you have never played the game before the group is very helpful and beginners are always welcome.

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### **222TUE09: Bocce**

**Type: Long Course**

**Dates: 01/02/2022 - 29/11/2022**

**Frequency: Weekly Course, Tue 13:00 - 16:00**

**Location: Senior Citizen 2b May Rd, Lalor**

**Tutor / Leader: Michele Patane**

LOCATION: May Rd Campus Senior Citizen's Club 2b May Road Lalor DESCRIPTION: Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. The group meets for some competitive fun and exercise.

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### **222TUE10: Cards 500 - Epping**

**Type: Long inc school hols**

**Dates: 01/02/2022 - 29/11/2022**

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

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

**Tutor / Leader: Alby Griffin**

LOCATION: Epping Memorial Meeting Room, 827 High Street Epping DESCRIPTION: Classes continue through school holidays. We have group sessions of talking and joking while playing cards

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**222TUE11: Snooker**

**Type: Long Course**

**Dates: 01/02/2022 - 29/11/2022**

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

**Location: Senior Citizen 2b May Rd, Lalor**

**Tutor / Leader: John Kolonis**

LOCATION: May Rd Campus Senior Citizens Centre 2b May Road Lalor IMPORTANT NOTICE: COULD YOU PLEASE CONTACT THE COURSE COORDINATOR ON 0412230561 IF YOU ARE INTERESTED IN THIS COURSE. DESCRIPTION: Learn how to play a fun game on a pool table with great participants (similar to Billiards).

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**222TUE12: Cards 500 - Lalor**

**Type: Long inc school hols**

**Dates: 01/02/2022 - 29/11/2022**

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

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

**Tutor / Leader: Tyrone Dark**

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: These sessions continue through school holidays. This class plays Cards 500 in a friendly atmosphere. We welcome learners and experienced players

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**223WED15: Chess - Develop Skills**

**Type: Long Course**

**Dates: 02/02/2022 - 30/11/2022**

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

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

**Tutor / Leader: John Kolonis**

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: Beginners as well as experienced players welcome. AIM: \* To help you play chess well enough to enjoy it. \* Learn the object of the game including piece movements and captures; mobility and piece value; how to read moves, openings, middle and end games, combination and tactics. Learn 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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**224THU13: Bocce**

**Type: Long Course**

**Dates: 03/02/2022 - 24/11/2022**

**Frequency: Weekly Course, Thu 13:00 - 16:00**

**Location: Senior Citizen 2b May Rd, Lalor**

**Tutor / Leader: Michele Patane**

LOCATION: May Rd Campus Senior Citizen's Club 2b May Road Lalor DESCRIPTION: Bocce, also known as Italian lawn bowling, is one of the most widely played games in the world. The group meets for some competitive fun and exercise.

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## Gardening Skills and Ideas

**221MON11: Orchid repotting**

**Type: 1 day**

**Dates: 17/10/2022 - 17/10/2022**

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

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

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: Learn when and how to repot your orchids in a friendly and casual environment.

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**226SAT01: African Violet Propagation**

**Type: Long Course**

**Dates: 19/02/2022 - 19/11/2022**

**Frequency: 3rd Saturday oh the month, Sat 9:45 - 12:15**

**Location: Private Location - Bundoora Please contact office Bundoora Tutor / Leader: Jan Marshall**

LOCATION: PRIVATE HOME Bundoora Please contact offic DESCRIPTION: This Class will run on the 3rd Saturday of the month. 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)

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.

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## Health and Well Being

### **221MON12: Tai Chi & Qigong**

**Type: Long inc school hols**

**Dates: 07/02/2022 - 28/11/2022**

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

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

**Tutor / Leader: Phu Phan**

LOCATION: French Street Hall 47A French St Lalor VIC 3075. DESCRIPTION: This class runs through School Holidays & Public Holidays. The class will cover: Badunjin Qigong, Tai chi Yang 10 form movements. The Health Benefits include: reducing stress and anxiety; provide headache relief; improve balance and stability; reduce bone loss and fractures; help with the relief of Osteoarthritis due to ageing; improve blood pressure and heart health

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### **221MON13: Yang Tai Chi 24 Form**

**Type: Long inc school hols**

**Dates: 07/02/2022 - 28/11/2022**

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

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

**Tutor / Leader: Phu Phan**

LOCATION: French Street Hall 47A French St Lalor VIC 3075. DESCRIPTION: This class runs through School Holidays & Public Holidays. Beginners are welcome. Class will cover Qigong: 8 pieces of the brocade and Yang tai chi 24 form. The Health Benefits include: reducing stress and anxiety; provide headache relief; improve balance and stability; reduce bone loss and fractures; help with the relief of Osteoarthritis due to ageing; improve blood pressure and heart health.

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### **221MON14: Wu Tao Dance with Meditation**

**Type: Long Course**

**Dates: 31/01/2022 - 28/11/2022**

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

**Location: Riverside C C 8 Doreen Rogan Way South Morang**

**Tutor / Leader: Maria Veerasamy**

LOCATION: Riverside Community Main Room Doreen Rogan Way South Morang. DESCRIPTION: Wu Tao is a dance meditation practice done to 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. Similar to Tai Chi it is a very gentle form of exercise

REQUIREMENTS: Participants need to wear comfy clothing and shoes; bring bottle of water to drink; a yoga mat or a bath towel is also needed.

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### **221MON15: Tai Chi Sword for Health**

**Type: Long Course**

**Dates: 07/02/2022 - 28/11/2022**

**Frequency: Weekly Course, Mon 11:30 - 12:00**

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

**Tutor / Leader: Phu Phan**

LOCATION: Lalor Learning Centre French Street Hall 47a French Street Lalor 3075 DESCRIPTION: This class runs through School Holidays & Public Holidays. Tai Chi sword is not too vigorous and is suitable for seniors. Beginners are always welcome. This is a class open to all members who wish to further extend their knowledge and improve their skills in the Art of Tai Chi. These forms include learning how to hold a sword. Phu, our tutor, is happy to order the sword for anyone. The cost is \$12.00. The class will cover: - Taichi Sword Yang 32 form - Taichi sword 42 form (competition form) The Health Benefits include: reducing stress and anxiety; provide headache relief; improve balance and stability; reduce bone loss and fractures; help with the relief of Osteoarthritis due to ageing; improve blood pressure and heart health.

REQUIREMENTS: Comfortable clothing, shoes and buckets load of patience. GENERAL INFORMATION: 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 on how to apply.

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### **221MON24: Beginners Tai Chi for Health**

**Type: Long Course**

**Dates: 07/02/2022 - 05/12/2022**

**Frequency: Weekly Course, Mon 14:45 - 15:45**

**Location: Riverside C C 8 Doreen Rogan Way South Morang**

**Tutor / Leader: Maria Veerasamy**

LOCATION: Riverside Community Centre, 8 Doreen Rogan Way, South Morang DESCRIPTION: BEGINNERS ONLY 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.

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**221MON27: Tai Chi Bo Staff**

**Type: Long inc school hols**

**Dates: 07/02/2022 - 28/11/2022**

**Frequency: Weekly Course, Mon 12:00 - 12:30**

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

**Tutor / Leader: Phu Phan**

LOCATION: The French St Hall 47a French St Lalor DESCRIPTION: This class runs through School Holidays & Public Holidays from FEBRUARY to NOVEMBER on the Monday of each month. Bo Staff is not too vigorous and is suitable for all members. Phu, our tutor, is happy to order the Magic stick to use for practice at the class, The cost is around \$11.00. The class will cover: - Bo Staff 24 form – ( This form is transferred from Yang Taichi 24 form to Bo Staff form) The Health Benefits include: reducing stress and anxiety; providing headache relief; improving balance and stability; reducing bone loss and fractures; helping with the relief of Osteoarthritis due to aging; improve blood pressure and heart health.

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**222TUE14: Tai-Chi Advanced Level**

**Type: Long Course**

**Dates: 08/02/2022 - 29/11/2022**

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

**Location: Riverside C C 8 Doreen Rogan Way South Morang**

**Tutor / Leader: Teresa Wong**

LOCATION: Riverside Community Centre Main Room 8 Doreen Rogan Way South Morang. Mel 183 G12 DESCRIPTION: Tai Chi and Qigong can help with one's circulation, balance and alignment. They also help restore energy which we refer to as Chi or Qi. This is an excellent low impact moving/stationary meditation which is suitable for all levels of fitness and people with health conditions. These low impact exercises puts minimal stress on our muscles and joints. Doing these slow movements help improve and enhance one's balance and muscle control. The postures flow together without pauses, making Tai Chi and Qigong look like a graceful dance that keeps the body in constant motion and the mind in focus. This class covers: Lotus, 18 Steps Qigong and 108 Form Yang Tai Chi.

PREREQUISITE: Anyone is welcome and no experience is required. Just bring along patience, an enthusiasm to learn and of course commitment in order to reap the benefits of doing this class. Do wear comfort clothing and comfortable foot ware ( definitely no slippers and no heels) .

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**222TUE15: Tai Chi Beginners Level**

**Type: Long Course**

**Dates: 15/02/2022 - 29/11/2022**

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

**Location: Riverside C C 8 Doreen Rogan Way South Morang**

**Tutor / Leader: Christine Teh**

LOCATION: Riverside Community Centre Main Room 8 Doreen Rogan Way South Morang 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

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**223WED18: Reflexology for Health - ONLINE**

**Type: Long inc school hols**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Fortnightly, Wed 17:00 - 18:00**

**Location: Online via ZOOM**

**Tutor / Leader: Maria Veerasamy**

LOCATION: ONLINE DESCRIPTION: Reflexology for Health is a learning class covering self - care hand exercises, basic face, hand and foot massage and an introduction to Reflexology.

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**223WED19: Tai Chi - ONLINE**

**Type: Long Course**

**Dates: 09/02/2022 - 30/11/2022**

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

**Location: Online via ZOOM**

**Tutor / Leader: Teresa Wong**

LOCATION: ONLINE DESCRIPTION: This class only runs during a Lockdown. 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 practise 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

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**223WED20: Well Being Steps - ONLINE**

**Type: Long Course**

**Dates: 02/02/2022 - 30/11/2022**

**Frequency: Fortnightly, Wed 17:00 - 18:00**

**Location: Online via ZOOM**

**Tutor / Leader: Maria Veerasamy**

LOCATION: ONLINE DESCRIPTION: This ZOOM class called Well Being Steps is a class discussion on how to practise and maintain good health using the steps of CONNECT; BE ACTIVE; KEEP LEARNING; BE AWARE; and HELP OTHERS. Included in the class will be a time for physical exercise and mindful breathing practice.

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**224THU15: Gentle Yoga for Seniors**

**Type: Long Course**

**Dates: 03/02/2022 - 24/11/2022**

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

**Location: Senior Citizen 2b May Rd, Lalor**

**Tutor / Leader: Marietta Antoni**

LOCATION: May Rd Campus Senior Citizens Club Main Hall May Road Lalor AIM: To explore and learn about yoga and its benefits on all levels of being. Promotes general health and wellbeing through the regular practise 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.

REQUIREMENTS: Wear Comfortable clothing Bring a Yoga Mat Yoga Block Yoga Bell pillows and blankets if needed & Water Bottle.

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**224THU26: Reflexology**

**Type: Long inc school hols**

**Dates: 24/02/2022 - 29/12/2022**

**Frequency: Monthly, Thu 14:00 - 15:00**

**Location: Riverside C C 8 Doreen Rogen Way South Morang**

**Tutor / Leader: Maria Veerasamy**

LOCATION: Riverside Community Centre 8 Doreen Rogen Way, South Morang DESCRIPTION: Reflexology for Health is a learning class covering self - care hand exercises, basic face, hand and foot massage and an introduction to Reflexology.

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**224THU27: Well Being**

**Type: Long inc school hols**

**Dates: 24/02/2022 - 29/12/2022**

**Frequency: Monthly, Thu 15:00 - 16:00**

**Location: Riverside C C 8 Doreen Rogen Way South Morang**

**Tutor / Leader: Maria Veerasamy**

LOCATION: Riverside Community Centre 8 Doreen Rogen Way, South Morang DESCRIPTION: This Well Being Steps is a class discussion on how to practise and maintain good health using the steps of CONNECT; BE ACTIVE; KEEP LEARNING; BE AWARE; and HELP OTHERS. Included in the class will be a time for physical exercise and mindful breathing practice.

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**225FRI10: Tai Chi**

**Type: Long Course**

**Dates: 11/02/2022 - 25/11/2022**

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

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

**Tutor / Leader: Teresa Wong**

LOCATION: Thomastown Library Community Room 2/52 Main Street Thomastown 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

REQUIREMENT: Casual Clothing

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## Family History and Genealogy

### **224THU01: Family History**

**Type: Long Course**

**Dates: 03/02/2022 - 17/11/2022**

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

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

**Tutor / Leader: Elaine Moore**

LOCATION: Mill Park Library 394 Plenty Rd Mill Park DESCRIPTION: Group meets on 1st 3rd & 5th Thursday of the month. 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.

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### **224THU02: Self Help Genealogy**

**Type: Long Course**

**Dates: 24/02/2022 - 24/11/2022**

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

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

**Tutor / Leader: Anne Heafield**

LOCATION: Mill Park Library Plenty Road Mill Park. DESCRIPTION: Group meets every 4th Thursday of the month. We work at our own pace using 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.

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## Various Interests

**222TUE26: Paper to Plate**

**Type: Short Course**

**Dates: 19/07/2022 - 18/10/2022**

**Frequency: Fortnightly, Tue 12:00 - 13:30**

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

**Tutor / Leader: Glen Wall**

LOCATION: Peter Lalor Campus, Robert St Lalor DESCRIPTION: The activity will be made up of 10 members of Whittlesea U3A and 12 students (years 11 and 12) from Peter Lalor Secondary College. Our members will talk to the students about their life, traditions and family cultures – the main focus of the discussion will be the traditional cooking that has been passed down over the years. Recipes will be offered, cooked and eaten and a recipe book will be created. The book will also include recipes which the students share with the member. This activity needs a once a fortnight, every fortnight commitment as you will be working with students from Peter Lalor College. Every participant will need to have a Working with Children Check which WU3A will apply for. (there is no cost)

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## Study of Foreign Languages

### **222TUE16: Skill Up your Mandarin**

**Type: Long Course**

**Dates: 08/02/2022 - 29/11/2022**

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

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

**Tutor / Leader: Polly Wong**

LOCATION: Mill Park Library 394 Plenty Rd Mill Park DESCRIPTION: The class aims to improve reading and listening skill. Students are encouraged to converse in mandarin Some knowledge of Chinese language is essential. Videos and songs are used to assist the practise. Notes supplied. The participants will learn how to write Chinese characters and construct simple sentences in Mandarin. They will also practise conversation reading and listening skill.

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### **222TUE27: French Conversation**

**Type: Long Course**

**Dates: 26/07/2022 - 29/11/2022**

**Frequency: Weekly Course, Tue 12:00 - 13:00**

**Location: Senior Citizen 2b May Rd, Lalor**

**Tutor / Leader: Christiane Gemayel**

LOCATION: May Road Campus 2b May Rd Lalor DESCRIPTION: This is a French conversation class where participants practise their French to become more proficient. Topics discussed will include travel, cooking, books etc. If you are interested in this class you will need to have some knowledge of the language – spoken only – and be able to carry on a conversation in French. It would be a great class if you were planning an overseas French holiday. PREREQUISITE: Able to speak French to some degree

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### **224THU17: Mandarin for Beginners**

**Type: Long Course**

**Dates: 10/02/2022 - 24/11/2022**

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

**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. Learn how to pronounce pinyin and Chinese characters. Encourage to practise simple sentences and conversation. DESCRIPTION: Little or no knowledge about mandarin is needed all welcome. Learn and practise simple conversation. Notes supplied.

REQUIREMENTS: Pen/Pencil Notebook

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## Music

### **224THU19: Singing for Joy**

**Type: Long Course**

**Dates: 03/03/2022 - 24/11/2022**

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

**Location: Senior Citizen 2b May Rd, Lalor**

**Tutor / Leader: Silvana Di Battista**

LOCATION: May Rd Campus Senior Citizens Club Main Hall 2b May Road Lalor DESCRIPTION: Singing just to bring you joy. Sing with a group of friends. This class is run concurrently with the ukulele class. The class practises both with and without the ukulele accompaniment.

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### **224THU20: Ukulele with the Choir**

**Type: Long Course**

**Dates: 03/02/2022 - 24/11/2022**

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

**Location: Senior Citizen 2b May Rd, Lalor**

**Tutor / Leader: Ron Harvey**

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 practise 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.

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## Outdoor

**227SUN03: Discover Melbourne by Train - GROUP 2**

**Type: Long Course**

**Dates: 20/02/2022 - 20/11/2022**

**Frequency: 3rd Sunday of the month, Sun 9:00 - 0:00**

**Location: 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. DESCRIPTION: 3rd Sunday of the Month. A Day Trip to Melbourne by Train Tram or Bus Lunch can be bought and purchased on trip 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

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## Social Activities

**221MON21: Leprechaun Trivia Afternoon** **Type: Long Course**

**Dates: 14/02/2022 - 28/11/2022** **Frequency: 2nd & 4th Week of the month, Mon 13:00 - 15:00**

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

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: The sessions will be held on the 2nd and 4th Monday of the month. This is an afternoon of fun and laughter where teams/individuals answer general knowledge questions in a friendly and fun environment. Afternoon tea or coffee will be on between Rounds 3 and 4.

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**221MON22: WU3A Discussion Over Coffee** **Type: Long Course**

**Dates: 28/02/2022 - 28/11/2022** **Frequency: 4th Monday of the month, Mon 11:00 - 12:30**

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

LOCATION: Whittlesea Community Activity Centre , 57-61 Laurel Street Whittlesea DESCRIPTION: This will either be held on ZOOM or face to face. Meeting on the 4th Monday of the month the group discusses local issues; shares information on activities of interest to seniors in the area. If face to face we meet over coffee and finger food with friends. Bring a friend the more the merrier. It is also a great way to keep informed about Whittlesea U3A progress in the Seniors' Inclusion program.

THIS ACTIVITY MAY ALSO BE AVAILABLE ONLINE USING ZOOM.

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**221MON30: End Of Year Lunch - Members** **Type: 1 day**

**Dates: 05/12/2022 - 05/12/2022** **Frequency: 1 Day Course, Mon 11:00 - 15:00**

**Location: Epping RSL 195 Harvest Home Road Epping** **Tutor / Leader: Natalie Lim**

**Fee: \$30.00**

LOCATION: Epping RSL Harvest Home Rd Epping DESCRIPTION: This End of Year Activity is being organised to celebrate all the achievements of 2022. It includes a 3 course seniors' meal with soft drinks and tea and coffee. The cost is \$30 for members. Why not enrol and come and have fun with friends and fellow members. Join in the games, prizes, raffles, great food and hopefully we will also have a visit from Santa himself. Non member friends or family can also attend. They can enrol in 221MON31. The cost for this group will be \$35 (\$5 enrolment cost + \$30 lunch)

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**222TUE24: iPhone, Android and Photography** **Type: Short Course**

**Dates: 04/10/2022 - 22/11/2022** **Frequency: Weekly Course, Tue 10:00 - 11:00**

**Location: Sherwin Rise Retirement Villag 40 Chetwynd Grove Wollert** **Tutor / Leader: Natalie Lim**

LOCATION: Sherwin Rise, 40 Chetynd Grove, Wollert. DESCRIPTION: This activity, which is based in a new location, provides you with the opportunity to learn how to take photos on your iPhone or Android and then return for a chat and morning tea. Learn how to use the photos you take and edit them, place them on Facebook or WhatsApp, send using Messenger, text message or email. The session is a casual activity for you to learn more about your phone (iPhone or Android) and how you can use it to communicate with friends and family. Morning tea, coffee and cake provided. REQUIREMENTS: Smartphone

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**224THU21: Trivia Night ONLINE** **Type: ONLINE Long**

**Dates: 10/02/2022 - 10/11/2022** **Frequency: 2nd Thurs of the Month, Thu 19:00 - 21:00**

**Location: Online via ZOOM** **Tutor / Leader: Kathy Lizio**

LOCATION: ONLINE DESCRIPTION: This class is on the 2nd Thursday of the month. 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.

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**224THU22: Trivia Night**

**Type: Long Course**

**Dates: 03/02/2022 - 17/11/2022**

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

**Location: Senior Citizen 2b May Rd, Lalor**

**Tutor / Leader: Kathy Lizio**

LOCATION: May Rd Campus Senior Citizens Club 2b May Road Lalor DESCRIPTION: We meet the 1st 3rd & 5th Thursday of the month. 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. COST: Cost of the night \$1.00. Bring a small plate of food to share.

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**225FRI12: Coffee and Chat on Friday**

**Type: Long Course**

**Dates: 04/02/2022 - 25/11/2022**

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

**Location: The Groove Train Plenty Valley 400 McDonalds Road, South Morang Tutor / Leader: Anne Carbis**

LOCATION: The Groove Train, Plenty Valley Shopping Centre South Morang THE GROOVE TRAIN ~ Back room DESCRIPTION: These sessions will be run throughout the year - including January. 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 2pm. Take the weight off your feet for an hour or so and relax. ALL MEMBERS ARE WELCOME

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**225FRI13: Film Night**

**Type: Long Course**

**Dates: 25/02/2022 - 25/11/2022**

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

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

**Tutor / Leader: Gloria Mason**

LOCATION: Readings Cinema Epping Plaza Cooper Street Epping DESCRIPTION: Members join together on 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.

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## Sport

**222TUE17: Table Tennis - May Rd** **Type: Long Course**

**Dates: 01/02/2022 - 29/11/2022** **Frequency: Weekly Course, Tue 13:00 - 16:00**

**Location: Senior Citizen 2b May Rd, Lalor** **Tutor / Leader: John Darnley**

LOCATION: May Rd Campus Seniors Citizens Club 2b May Road Lalor Mel 8 K6 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 lay back. 3 hours of fun, play laughter and the occasional exercise. 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 the table tennis activity if they choose not to pay

REQUIREMENTS: Casual clothing & comfortable walking shoes

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**222TUE18: Golf** **Type: Long inc school hols**

**Dates: 01/02/2022 - 29/11/2022** **Frequency: Weekly Course, Tue 8:30 - 0:00**

**Location: Growling Frog Golf C** **Tutor / Leader: Domenic Marino**

LOCATION: Growling Frog Golf Course 1910 Donnybrook Road Yan Yean DESCRIPTION: Playing golf with friends – exercise and fun. Golf continues during school term breaks. COST: \$15 for 9 holes \$25 for 18 holes

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**223WED22: Table Tennis - French St** **Type: Long Course**

**Dates: 02/02/2022 - 30/11/2022** **Frequency: Weekly Course, Wed 11:30 - 13:30**

**Location: French St Hall 47a French Street, Lalor** **Tutor / Leader: To be advised**

LOCATION: French Street Hall 47A French St Lalor VIC 3075 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. Players of all levels welcome NO CLASSES DURING SCHOOL HOLIDAYS

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.

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**224THU23: Tennis** **Type: Long Course**

**Dates: 03/02/2022 - 24/11/2022** **Frequency: Weekly Course, Thu 9:30 - 12:00**

**Location: YMCA Leisure City 41-53 Miller Street Epping** **Tutor / Leader: Domenic Marino**

LOCATION: YMCA Miller Street Epping DESCRIPTION: A group of people gather together for social tennis and enjoy a cup of tea and chat afterwards. .

REQUIREMENTS: Tennis racquet; casual clothing & running shoes

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**224THU24: Walking Football - Ladies** **Type: Long Course**

**Dates: 03/02/2022 - 24/11/2022** **Frequency: Weekly Course, Thu 9:30 - 11:00**

**Location: YMCA Leisure City 41-53 Miller Street Epping** **Tutor / Leader: Mick Trim**

LOCATION: YMCA Leisure City, 41-53 Miller Street, Epping OBJECTIVES: The program's main objectives are to allow participants to exercise have fun and socialise. DESCRIPTION: THIS CLASS IS FOR LADIES Walking Football is a modified form of indoor soccer. This class is open to 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.

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**224THU25: Walking Football - Gentlemen**

**Type: Long Course**

**Dates: 03/02/2022 - 24/11/2022**

**Frequency: Weekly Course, Thu 11:00 - 12:30**

**Location: YMCA Leisure City 41-53 Miller Street Epping**

**Tutor / Leader: Mick Trim**

LOCATION: YMCA Leisure City, 41-53 Miller Street, Epping OBJECTIVES: The program's main objectives are to allow participants to exercise have fun and socialise. DESCRIPTION: THIS CLASS IS FOR MEN Walking Football is a modified form of indoor soccer. This class is open to men 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.

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## Creative Writing Process

**221MON23: E-Book Publishing**

**Type: Long Course**

**Dates: 31/01/2022 - 28/11/2022**

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

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

LOCATION: Whittlesea Community Activity Centre , 57-61 Laurel Street Whittlesea DESCRIPTION: Want to publish on the Web? Do you 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.

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**223WED23: Creative Writing Group**

**Type: Long Course**

**Dates: 02/02/2022 - 30/11/2022**

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

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

LOCATION: Jindi Family & Community Centre 48 Breadalbane Avenue Mernda DESCRIPTION: 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 also have a variety of enjoyable writing exercises and general discussions.

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.

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**223WED24: Improving Your Writing Craft**

**Type: Long Course**

**Dates: 09/02/2022 - 30/11/2022**

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

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

LOCATION: Jindi Family & Community Centre 48 Breadalbane Avenue Mernda DESCRIPTION: This class will run using ZOOM during lockdown and whilst COVID restrictions are in force and then return to face-to-face sessions as government regulations permit. Using many of the resources available online we will explore the creative writer's craft including elements of plot character structure and editing for short stories poems and longer pieces of work. This will not look at one's writing but include a discussion of elements that will improve your writing. This class is suitable for someone who is already writing in some form and wishes to improve their craft. For feedback on your writing please see the Creative Writing Class.

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