



Whittlesea U3A Inc

2023 Courses

2 March 2023

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Art Activities

233WED16: Drawing for Beginners

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: **Jill Evans-Bromley**

LOCATION: Peter Lalor Campus Robert St Lalor DESCRIPTION: Based in PLC this beginners' drawing class will also draw elements in local venues e.g. Parks etc. Each participant will be taught the elements of drawing from still life to natural scenes. REQUIREMENT: A3 sketch book; lead pencils – 2B, HB, 4B, eraser and sharpener.

Love of drawing

234THU02: Art For Fun

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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.

Book Discussion

233WED18: Book Discussion

Type: Long Course

Dates: 15/02/2023 - 15/11/2023

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 on the third Wednesday of the month. We read and review a book supplied by the library. We may not all like every one, but we are encouraged to explore new authors and titles. We then enjoy afternoon tea and a chat.

234THU35: Book Discussion Mill Park Library

Type: Long Course

Dates: 02/02/2023 - 02/11/2023

Frequency: 1st Thursday of Month, Thu 13:00 - 15:00

Location: Mill Park Library 394 Plenty Rd, Mill Park

Tutor / Leader: Jan Marshall

LOCATION: Mill Park Library, Plenty Rd Mill Park DESCRIPTION: The group meets on the first Thursday of the month in the Make a Space Room of the library . We read and review a book supplied by the library. Great conversation with a few laughs.

Computers and General Technology

231MON16: Computer, Android, Social Media Support

Type: Long Course

Dates: 06/02/2023 - 27/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Shoukry Sidrak

LOCATION: Peter Lalor Campus 34 Robert 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) THIS IS NOT A CLASS YOU WILL NEED TO MAKE A BOOKING FOR A SUITABLE TIME TO ADDRESS YOUR ISSUE. 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

232TUE05: Basic Computer and Tablet and Smartphone

Type: Long Course

Dates: 07/02/2023 - 28/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Antonio Pignatelli

LOCATION: Peter Lalor Campus DESCRIPTION: This new computer class focusses on how to use your computer (laptops will be used) or android tablet and smartphone. The tutor will help you to develop the skills needed to use various devices (e.g. mouse, printers etc) and programs (e.g. Microsoft Word). Some of the session will also be used to answer questions that participants might have regarding their computer. REQUIREMENT: Bring along your own laptop if possible

232TUE07: Laptop Win 10 Advanced

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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.

232TUE10: Digital Literacy Training ONLINE

Type: Long Course

Dates: 07/02/2023 - 28/11/2023

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

Location: Online via ZOOM

Tutor / Leader: Janice Boswell

LOCATION: ONLINE 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.

REQUIREMENTS: Participants are to bring their own electronic device.

232TUE11: Excel Projects ONLINE

Type: None

Dates: 31/01/2023 - 28/11/2023

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

Location: Online via ZOOM

Tutor / Leader: Oliver Mc Auley

LOCATION: ONLINE DESCRIPTION: This is not a beginners' class. The purpose of this class is to share skills and experiences among students who have a love of EXCEL and are sufficiently advanced towards having an attempt at writing Macros, creating Forms, or providing solutions to everyday situations. 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.

232TUE18: Laptop Windows

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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

Location: Thomastown Library 52 Main Street, Thomastown

Tutor / Leader: Kevin Whelan

LOCATION: Thomastown Library 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.

232TUE19: Photography iPhone Android

Type: Short Course

Dates: 09/05/2023 - 12/09/2023

Frequency: Fortnightly, Tue 10:00 - 11:30

Location: Sherwin Rise Retirement Villag 40 Chetwynd Grove Wollert

Tutor / Leader: Natalie Lim

LOCATION: Sherwin Rise, 40 Chetynd Grove, Wollert. DESCRIPTION: This activity covers photography using iPhone and Android Phone. Not suitable for tablets or iPads. It covers how best to take photos with your phone, development of skills of different types of photos - macros, wide angles, landscape, portrait etc. It includes morning tea. Great for both the beginner and intermediate level. REQUIREMENTS: Smartphone

233WED09: Apple iPHONE & iPAD Self Help - ONLI

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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.

233WED10: Apple iPHONE & iPAD - ONLINE

Type: ONLINE Long

Dates: 01/02/2023 - 29/11/2023

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

233WED14: Apple iPHONE & iPAD

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Janice Boswell

LOCATION: Peter Lalor Campus 34 Robert 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

233WED15: Apple iPHONE & iPAD Self Help

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Janice Boswell

LOCATION: Peter Lalor Campus 34 Robert 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

234THU14: Technology and Computers for Seniors

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Glen Wall

LOCATION: Peter Lalor Campus 34 Robert 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

234THU15: Android Devices - Learn how to use

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Peter Cleary

LOCATION: Peter Lalor Campus 34 Robert 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.

234THU18: Laptop Trouble shooting

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Shoukry Sidrak

LOCATION: Peter Lalor Campus 34 Robert 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. THIS IS NOT A CLASS YOU WILL NEED TO MAKE A BOOKING FOR A SUITABLE TIME TO ADDRESS YOUR ISSUE. REQUIREMENTS: PC Laptop

235FRI09: Computer Very Basic - Total Beginners

Type: Long Course

Dates: 03/02/2023 - 01/12/2023

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

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

LOCATION: Thomastown Library Computer Room 2/52 Main Street Thomastown DESCRIPTION: Class will focus on individual needs. This class is for the people who would like to learn how to operate a computer. Able to assist people with different operating systems (Win or Apple).

REQUIREMENTS: People can bring their own laptop (WINDOWS OR APPLE) mouse, notebook, pen and USB stick. People with no computers are still welcome and they will use the library's computers.

235FRI10: Computers Level 1

Type: Long Course

Dates: 03/02/2023 - 01/12/2023

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

235FRI12: Digital Literacy Support Prog #4 ONLINE

Type: ONLINE Long

Dates: 03/02/2023 - 01/12/2023

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.

Craft

231MON14: Crochet

Type: Long Course

Dates: 06/02/2023 - 20/11/2023

Frequency: 1st, 3rd & 5th Monday of month, Mon 11:00 - 14:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Freda Delia

LOCATION: Peter Lalor Campus 34 Robert 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

232TUE09: Jewellery Making

Type: Long Course

Dates: 07/02/2023 - 28/11/2023

Frequency: Fortnightly, 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

233WED03: Hand Sewing for Unfinished Projects

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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

233WED13: Knitters Group

Type: Long Course

Dates: 01/02/2023 - 15/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Diana Torcaso

LOCATION: Peter Lalor Campus 34 Robert 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.

234THU16: Origami 3D (Golden Ventures folding)

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Phu Phan

LOCATION: Peter Lalor Campus 34 Robert 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.

234THU17: Paper Quilling Arts

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

Frequency: Weekly Course, Thu 12:00 - 13:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Phu Phan

LOCATION: Peter Lalor College 34 Robert St 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.

235FRI03: Card Making-Instructional, Self Help

Type: Long Course

Dates: 03/02/2023 - 01/12/2023

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

235FRI06: Busy Hands Circle

Type: Long Course

Dates: 03/02/2023 - 01/12/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St 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

Multicultural Activities and Information

235FRI05: Middle Eastern Cultural Awareness

Type: Long Course

Dates: 03/02/2023 - 08/12/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Dawood Sammour

LOCATION: Peter Lalor Campus 34 Robert 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.

Dancing

231MON19: Beginners Line Dancing Whittlesea **Type: Long Course**

Dates: 06/02/2023 - 27/11/2023 **Frequency: Weekly Course, Mon 11:30 - 12:30**

Location: Whittlesea Community Activity 57-61 Laurel St, Whittlesea **Tutor / Leader: Bev Moore**

LOCATION: WHITTLESEA TOWNSHIP DESCRIPTION: This is a beginners line dancing class, our first in the township of Whittlesea. The tutor will explain and instruct basic skills and transform these to simple dances. Not suitable for intermediate or advanced dancers as the primary aim is to teach the steps.

231MON24: Line Dancing Advanced **Type: Long Course**

Dates: 06/02/2023 - 04/12/2023 **Frequency: Weekly Course, Mon 13:40 - 14:40**

Location: French St Hall 47a French Street, Lalor **Tutor / Leader: Tita Kolonis**

LOCATION: French St Hall, Lalor DESCRIPTION: This line dancing class is for the advanced group of line dancers who want a challenge and have the skills to complete more difficult routines. It is a fast moving class and experience is essential.

233WED01: Teaching Line Dancing No Music **Type: Long Course**

Dates: 01/02/2023 - 29/11/2023 **Frequency: Weekly Course, Wed 10:00 - 10:30**

Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Lillian Madden**

LOCATION: Epping Memorial Hall, High Street Epping DESCRIPTION: This is a total beginners line dancing class. There will be no music played during the session as the leader will be focusing on the steps needed to understand and complete the songs/music of other line dancing sessions.

233WED02: Line Dancing for Various Levels **Type: Long inc school hols**

Dates: 01/02/2023 - 29/11/2023 **Frequency: Weekly Course, Wed 10:30 - 12:30**

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. Tita will be an additional tutor during some of the dances

REQUIREMENTS: Wear comfortable NON SLIPPERY shoes

234THU03: Line Dancing - For Experienced Dancers **Type: Long Course**

Dates: 02/02/2023 - 30/11/2023 **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 is for experienced dancers. It 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.

235FRI01: Line Dancing for Exercise 1 **Type: Long inc school hols**

Dates: 03/02/2023 - 08/12/2023 **Frequency: Weekly Course, Fri 9:30 - 10:15**

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 however it is focussed on beginners to those with some knowledge of line dancing

REQUIREMENTS: Wear Comfortable non slippery shoes

235FRI02: Line Dancing for Exercise 2

Type: Long inc school hols

Dates: 03/02/2023 - 08/12/2023

Frequency: Weekly Course, Fri 10:30 - 11:30

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. The focus of this class is for intermediate to advance learners. It is not a beginners class

REQUIREMENTS: Wear Comfortable non slippery shoes

235FRI13: Line Dancing for Fun

Type: Long inc school hols

Dates: 03/02/2023 - 08/12/2023

Frequency: Weekly Course, Fri 10:00 - 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.

Exercise

231MON01: The Cross Country Walkers

Type: Long inc school hols

Dates: 27/02/2023 - 27/11/2023

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.

231MON02: Indoor Walking Aerobics

Type: Long Course

Dates: 06/02/2023 - 27/11/2023

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.

231MON17: Walk and Talk

Type: Long inc school hols

Dates: 06/02/2023 - 27/11/2023

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

Location: Plenty Valley Westfield 415 McDonalds Rd South Morang

Tutor / Leader: Margaret Dins

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.

231MON18: Feel Well, Be Well

Type: Long Course

Dates: 06/02/2023 - 27/11/2023

Frequency: Weekly Course, Mon 9:30 - 10:30

Location: Thomastown Library 52 Main Street, Thomastown

Tutor / Leader: Pattie Nenadich

LOCATION: THOMASTOWN library Main Road Thomastown DESCRIPTION: This is an exercise to dancing class. The tutor Pattie, new to Whittlesea U3A uses music to get participants exercising at their own pace and level. It is a fun and light-hearted class aimed at getting the heart pumping and the legs moving.

231MON25: Exercise For Fitness

Type: Long Course

Dates: 06/03/2023 - 04/12/2023

Frequency: Weekly Course, Mon 10:30 - 11:30

Location: Thomastown Library 52 Main Street, Thomastown

Tutor / Leader: Helen Ang

LOCATION: THOMASTOWN library Main Road Thomastown DESCRIPTION: This is a gentle exercise class to develop strength. The focus is upper body strength whilst keeping the heart pumping. All exercises are completed at the participants pace and rate of ability. REQUIREMENTS:.. casual and comfortable clothing, 1 kg dumbbells, 1 kg ankle weight, and elastic stretch bands

232TUE04: Lalor Lazy Walking Group **Type: Long Course**
Dates: 31/01/2023 - 28/11/2023 **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

232TUE14: Indoor Walking Aerobics **Type: Long Course**
Dates: 07/03/2023 - 28/11/2023 **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

233WED06: Mernda Walking Group **Type: Long Course**
Dates: 01/02/2023 - 29/11/2023 **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 we go to Split Bean Cafe for a coffee and chat

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

233WED07: Walking Group **Type: Long Course**
Dates: 01/02/2023 - 29/11/2023 **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.

233WED08: Exercises for Healthy Ageing **Type: Long inc school hols**
Dates: 01/02/2023 - 29/11/2023 **Frequency: Weekly Course, Wed 14:00 - 15:00**
Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Ida Tipping**

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).

233WED21: Body Weight and Strengthening Exe **Type: None**
Dates: 22/02/2023 - 06/12/2023 **Frequency: Weekly Course, Wed 9:00 - 10:00**
Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Aaron Greschler**

LOCATION: THOMASTOWN LIBRARY COMMUNITY ROOMS DESCRIPTION: This series of exercises, run but a new tutor, focus on upper body strengthening. Each participants works at their own level to improve their body weight and strengthening skills.

234THU06: Exercise for Healthy Living - Lalor

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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

234THU20: Bike Riding

Type: Long inc school hols

Dates: 02/02/2023 - 21/12/2023

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

237SUN04: Leisurely Sunday Bike Rides

Type: Long inc school hols

Dates: 05/02/2023 - 17/12/2023

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 to 30 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

Games

231MON08: Cards 500 Laurimar **Type: Long inc school hols**

Dates: 09/01/2023 - 18/12/2023 **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.

231MON09: Scrabble **Type: Long Course**

Dates: 06/02/2023 - 27/11/2023 **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.

231MON13: Canasta / Samba Cards **Type: Long inc school hols**

Dates: 09/01/2023 - 18/12/2023 **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.

232TUE01: Cards 500 Epping **Type: Long inc school hols**

Dates: 03/01/2023 - 19/12/2023 **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

232TUE08: Bocce **Type: Long Course**

Dates: 31/01/2023 - 28/11/2023 **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.

232TUE12: Mah-Jong **Type: Long Course**

Dates: 31/01/2023 - 28/11/2023 **Frequency: Weekly Course, Tue 10:00 - 12:00**

Location: Peter Lalor Campus 34 Robert St near Lyndon St 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.

232TUE13: Cards 500 - Lalor

Type: Long inc school hols

Dates: 03/01/2023 - 19/12/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Tyrone Dark

LOCATION: Peter Lalor Campus 34 Robert 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

233WED17: Chess and other Board Games

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: John Kolonis

LOCATION: Peter Lalor Campus 34 Robert 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. Other board games will also be played during this session

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

234THU34: Carpet Bowls

Type: Long Course

Dates: 09/02/2023 - 30/11/2023

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

Location: Senior Citizen 2b May Rd, Lalor

Tutor / Leader: Ron Gorely

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

Gardening Skills and Ideas

231MON22: Orchid repotting

Type: 1 day

Dates: 16/10/2023 - 16/10/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor Tutor / Leader: Alex Shepherd

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

233WED11: Understand your Garden - ONLINE

Type: ONLINE Short

Dates: 21/06/2023 - 21/06/2023

Frequency: 1 Day Course, Wed 17:30 - 19:30

Location: Online via ZOOM

Tutor / Leader: Alex Shepherd

LOCATION: ONLINE DESCRIPTION: The tutor will discuss ways to improve your garden including composting, repotting, safe pest control etc. Some discussion of the propagation and repotting of orchids will also be included

236SAT01: African Violet Propagation

Type: Long Course

Dates: 18/02/2023 - 18/11/2023

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.

Health and Well Being

231MON03: Tai Chi & Qigong

Type: Long Course

Dates: 06/02/2023 - 27/11/2023

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

231MON04: Yang Tai Chi 24 Form

Type: Long Course

Dates: 06/02/2023 - 27/11/2023

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.

231MON05: Tai Chi Sword for Health

Type: Long Course

Dates: 06/02/2023 - 27/11/2023

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.

231MON06: Tai Chi Bo Staff

Type: Long Course

Dates: 06/02/2023 - 27/11/2023

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.

231MON10: Mental Illness, Present and Future

Type: 1 day

Dates: 20/03/2023 - 20/03/2023

Frequency: 1 Day Course, Mon 13:00 - 15:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Bill Gould

LOCATION: Peter Lalor Campus 34 Robert St 3075 DESCRIPTION: The class will be a 2hr discussion on Mental Illness signs, types and management

231MON12: Illness, Present and Future

Type: 1 day

Dates: 15/05/2023 - 15/05/2023

Frequency: 1 Day Course, Mon 13:00 - 15:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Bill Gould

LOCATION: Peter Lalor Campus 34 Robert St 3075 DESCRIPTION: The class will be a 2hr discussion on Mental Illness signs, types and management. This class is a repeat of the one held in March

232TUE15: Tai Chi Beginners Level

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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

232TUE16: Tai-Chi Advanced Level

Type: Long Course

Dates: 31/01/2023 - 28/11/2023

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 Qiqong 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 Qiqong look like a graceful dance that keeps the body in constant motion and the mind in focus. This class covers: Lotus, 18 Steps Qiqong 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) .

232TUE25: Managing Sleep and Fatigue

Type: 1 day

Dates: 28/03/2023 - 28/03/2023

Frequency: 1 Day Course, Tue 10:00 - 11:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Peter Cleary

LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: Managing Sleep and Fatigue is an information session run by Bolton Clarke for those who have trouble sleeping and wake up fatigue without really knowing why. Practical handouts will also be provided to refer to at a later date.

232TUE26: Healthy Bladder

Type: 1 day

Dates: 04/04/2023 - 04/04/2023

Frequency: 1 Day Course, Tue 10:00 - 11:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Peter Cleary

LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: As we age a healthy bladder is something we all long for. This session will provide inform on how to improve the condition of your bladder regardless of your age. Practical handouts will also be provided to refer to at a later date.

232TUE27: Healthy Feet

Type: 1 day

Dates: 16/05/2023 - 16/05/2023

Frequency: 1 Day Course, Tue 14:00 - 15:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor

Tutor / Leader: Peter Cleary

LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: Having healthy feet is essential as we exercise more and maintain a healthy life style. This session provides you with information on how to achieve this. Practical handouts will also be provided to refer to at a later date.

232TUE28: Healthy Skin

Type: 1 day

Dates: 20/06/2023 - 20/06/2023

Frequency: 1 Day Course, Tue 14:00 - 15:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor **Tutor / Leader: Peter Cleary**

LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: In order to achieve healthy skin, focus needs to be given to our diet and the products we may use on a daily basis. This sessions will provide you with practical information on how to achieve a healthy skin regardless of age. Practical handouts will also be provided to refer to at a later date.

232TUE29: CPR and Defib Basics

Type: 1 day

Dates: 15/08/2023 - 15/08/2023

Frequency: 1 Day Course, Tue 14:00 - 15:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor **Tutor / Leader: Peter Cleary**

LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: This is a very basic information on how to use defib machines and the principles of CPR. Practical handouts will also be provide to refer to at a later date.

232TUE30: Falls Prevention

Type: 1 day

Dates: 24/10/2023 - 24/10/2023

Frequency: 1 Day Course, Tue 14:00 - 15:00

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor **Tutor / Leader: Peter Cleary**

LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: As we age there are some of us who find that falling for no apparent reason or because of lack of knowledge of how to manouvre unlevel ground or obstacle. This session will provide you with some practical ideas that may reduce these careless falls. Practical handouts will also be provided to refer to at a later date.

234THU07: Beginners Yoga

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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 1 - 2 Yoga Block Yoga Strap pillows and blankets if needed & Water Bottle.

234THU27: Wu Tao Dance with Meditation

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

Frequency: Weekly Course, Thu 14:00 - 15:00

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.

234THU28: Beginners Tai Chi for Health **Type: Long Course**
Dates: 02/02/2023 - 30/11/2023 **Frequency: Weekly Course, 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: 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.

235FRI11: Tai Chi **Type: Long Course**
Dates: 03/02/2023 - 01/12/2023 **Frequency: 1st, 2nd, 3rd, 5th Friday, Fri 12:30 - 14:00**
Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Teresa Wong**
LOCATION: Thomastown Library Community Room 1/2 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

235FRI14: Healthy Brain, Healthy Body **Type: 1 day**
Dates: 14/07/2023 - 14/07/2023 **Frequency: 1 Day Course, Fri 10:00 - 11:00**
Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor **Tutor / Leader: Peter Cleary**
LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: The mind controls everything that happens in our body. By ensuring it is healthy, our body will feel and perform better. This session provides you will some practical information to help you with this. Practical handouts will also be provided to refer to at a later date.

235FRI15: Understanding Dementia **Type: 1 day**
Dates: 08/09/2023 - 08/09/2023 **Frequency: 1 Day Course, Fri 10:00 - 11:00**
Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor **Tutor / Leader: Peter Cleary**
LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: Dementia is a scary word so the more we know about it the better. This session provides you will information on what dementia is and how those affected live with it. Practical handouts will also be provided to refer to at a later date.

235FRI16: Master Your Mind **Type: 1 day**
Dates: 17/11/2023 - 17/11/2023 **Frequency: 1 Day Course, Fri 10:00 - 11:00**
Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor **Tutor / Leader: Peter Cleary**
LOCATION: Peter Lalor Campus, 34 Robert St Lalor DESCRIPTION: Imagine what we could do if we could master our mind. This session provides you with some interesting insights on what this means and how it could alter your lifestyle. Practical handouts will also be provided to refer to at a later date.

236SAT02: Reflexology for Health - ONLINE **Type: Long inc school hols**
Dates: 04/02/2023 - 25/11/2023 **Frequency: Fortnightly, Sat 8:30 - 9:30**
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.

236SAT03: Well Being Steps - ONLINE

Type: Long Course

Dates: 11/02/2023 - 18/11/2023

Frequency: Fortnightly, Sat 8:30 - 9:30

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.

Family History and Genealogy

234THU11: Self Help Genealogy

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

Frequency: 4th Thursday of Month, Thu 13:00 - 15:30

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.

234THU12: Family History

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

Frequency: 1st,3rd &5th Thursday of month, Thu 13:00 - 15:30

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.

234THU19: Family History For Beginners

Type: Long Course

Dates: 09/02/2023 - 09/11/2023

Frequency: 2nd Thurs of the Month, Thu 13:00 - 15:30

Location: Mill Park Library 394 Plenty Rd, Mill Park

Tutor / Leader: Marion Gaylard

LOCATION: Mill Park Library, Plenty Rd Mill Park DESCRIPTION: This activity is for someone who is starting out in the area of researching their family history. The tutor will discuss, teach and advice some of the ways this research can be accomplished successfully. No experience is needed.

Study of Foreign Languages

231MON11: Italian Total Beginners

Type: Long Course

Dates: 06/02/2023 - 27/11/2023

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

Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor **Tutor / Leader: Oscar Altavilla**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: The class will benefit people who have an Italian background and want to better communicate with family and friends. It is also good for people who want to travel to Italy and 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 and 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.

232TUE23: French Conversation

Type: Long Course

Dates: 07/02/2023 - 28/11/2023

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

Location: Front of Lalor Library 2A May Road Lalor

Tutor / Leader: Christiane Gemayel

LOCATION: Lalor Library 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

234THU01: Italian Language Intermediate

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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

Location: Front of Lalor Library 2A May Road Lalor

Tutor / Leader: Antonio Pignatelli

LOCATION: Lalor Library, Lalor DESCRIPTION: Knowledge of Basic Italian Language is required. 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.

234THU08: Italian Culture and Language Advanced

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

Frequency: Weekly Course, Thu 13:30 - 15:30

Location: Front of Lalor Library 2A May Road Lalor

Tutor / Leader: Antonio Pignatelli

LOCATION: Lalor Library, May Rd Lalor DESCRIPTION: This is an ADVANCED ITALIAN LANGUAGE CLASS. Members of the class will be immersed into the cultural and language of Italy. Students will interact with an Italian native Tutor and learn the grammar rules but also culture and customs. The class will discuss life in Italy, the language including grammar and speech patterns. The tutor will take the members of the class on a journey where they will experience life and the treasures of Italy.

234THU13: Mandarin, Elementary Level

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

Frequency: Weekly Course, Thu 9:30 - 11:30

Location: Mill Park Library 394 Plenty Rd, Mill Park

Tutor / Leader: Polly Wong

LOCATION: Mill Park Library 394 Plenty Rd Mill Park AIM: To improve pronunciation and sentence construction.
DESCRIPTION: Pinyin knowledge will be introduced. Participants are encouraged to participate in oral conversation. Some basic knowledge of Chinese language is essential.

REQUIREMENTS: Pen/Pencil Notebook

Music

234THU09: Ukulele with the Choir

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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.

234THU10: Singing for Joy

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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.

Outdoor

231MON07: Annual Labour Day Picnic at Hawkstowe Pa **Type: 1 day**

Dates: 13/03/2023 - 13/03/2023

Frequency: Annual activity, Mon 9:00 - 17:00

Location: Hawkstowe Park Gordons Road South Morang

Tutor / Leader: Marion Gaylard

LOCATION: Hawkstowe Park, Gordons Road, South Morang (Melways I83H8) DESCRIPTION: This is the Whittlesea U3A Annual Labour Day Picnic hosted by Marion. Starting at 9.00 am participants stay talking until they have all had enough. B.Y.O. Everything. Food chairs drinks and whatever it takes to have a good time.

237SUN01: Discover Melbourne By Train

Type: Long Course

Dates: 12/02/2023 - 12/11/2023

Frequency: 2nd Sunday of the month, Sun 8:30 - 0:00

Location: Sth Morang Station McDonalds Rd, South Morang

Tutor / Leader: Federica Bordin

LOCATION: South Morang Station, McDonalds Rd South Morang DESCRIPTION: 2nd Sunday of the Month TRAVELLING IN LAST CARRIAGE on Mernda Line train. Can get on at other stations or join at Clifton Hill station from Hurstbridge Line. A fair amount of Walking is expected so a reasonable fitness level is necessary and sometimes we will use tram or buses as part of the experience. The aim is to explore both the CBD and outer Melbourne. We still have plenty of time for coffee or lunch stops and you can buy or bring your own food

REQUIREMENTS: Casual clothing & sturdy comfortable walking shoes, water bottle, hat, appropriate Clothing for the weather and the U3A membership Lanyards are essential. Bring your valid seniors MYKI and Seniors Card. Sunday is free travel for Seniors

237SUN02: Summer Train Trips

Type: Long Course

Dates: 05/02/2023 - 05/11/2023

Frequency: 1st 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: 1st 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

237SUN03: Exploring Melbourne's Gardens

Type: Long Course

Dates: 28/05/2023 - 26/11/2023

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

Location: Various locations

Tutor / Leader: Mike Mikedis

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. AIMS: Knowledge of gardens history, style & importance and enjoy a day outdoors COST: Some Gardens may Charge Entry Fee DESCRIPTION: Visiting important gardens around Melbourne usually arriving home after 4.00 p.m. Sometimes tram or bus journeys might be needed. 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 * Maranoa Gardens Balwyn * 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 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. Bring the U3A membership lanyards and your MYKI/ Pension Cards. Sunday is free travel for Seniors but you still require your MYKI card.

Social Activities

232TUE22: Leprechaun Trivia Afternoon

Type: Long Course

Dates: 14/02/2023 - 07/11/2023

Frequency: 2nd & 4th Week of the month, Tue 13:00 - 15:00

Location: Brookwood Community Centre Hazel Glen Drive Doreen Tutor / Leader: Patrick Muldoon

LOCATION: Brookwood Community Centre, Hazel Glen Drive Doreen DESCRIPTION: To be sure, to be sure! Whether you're a Novice, a Trivia Buff or just want to get those 'Grey Matter' Cogs moving, Leprechaun Trivia is an entertaining afternoon of quizzing, camaraderie and chats with fellow Trivia enthusiasts. There's always a laugh to be had, and you'll be amazed with what you thought you didn't know! Afternoon tea/door prize draw/chat between Rounds 4 & 5. Come and join in the fun!! Create your own Team or join an existing Team. \$1 per session (covers Door prize etc). - BOTH Men and Women Welcome!! Leprechaun Trivia Motto: We're not playing for Sheep Stations!

234THU05: Trivia Night

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

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.

235FRI07: Film Night

Type: Long Course

Dates: 24/02/2023 - 24/11/2023

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.

235FRI08: Coffee and Chat on Friday

Type: Long inc school hols

Dates: 03/02/2023 - 22/12/2023

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. Everyone is welcome, guy and girls. Come along to Groove Train on a Friday afternoon at 2.00pm. They kindly let us have the back room. it's a chance to sit and talk and relax for a while and catch up with other members, non pressure, no need to come every week just when you are free.

Sport

231MON23: Social Exercise and Walking Football Mix **Type: Long inc school hols**

Dates: 30/01/2023 - 04/12/2023 **Frequency: Weekly Course, Mon 10:00 - 12:00**

Location: YMCA Leisure City 41-53 Miller Street Epping **Tutor / Leader: Con Constantinou**

LOCATION: Epping Leisure Centre Miller Street Epping DESCRIPTION: This is a mixed activity where men and women of all abilities are welcome to come and try social exercise and walking football. Whittlesea U3A is working with The City of Whittlesea LEAP program to provide an easy and slow paced exercise program with no running required. COST: \$2/WEEK

232TUE03: Golf **Type: Long inc school hols**

Dates: 31/01/2023 - 28/11/2023 **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

232TUE06: Table Tennis - May Rd **Type: Long Course**

Dates: 31/01/2023 - 28/11/2023 **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: 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, beginners most welcome. While the activity is set for 3 hours, come along and stay as long or short as you wish. Heaps of fun, play laughter and the occasional exercise. Afternoon tea is not provided, but feel free to BYO or something to share with the group.

REQUIREMENTS: Casual clothing & comfortable walking shoes

234THU22: Tennis **Type: Long Course**

Dates: 02/02/2023 - 30/11/2023 **Frequency: Weekly Course, Thu 9:00 - 10:30**

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

234THU23: Walking Football - Gentlemen **Type: Long Course**

Dates: 02/02/2023 - 30/11/2023 **Frequency: Weekly Course, Thu 11:00 - 12:30**

Location: YMCA Leisure City 41-53 Miller Street Epping **Tutor / Leader: Gerry Fay**

LOCATION: YMCA Leisure City, 41-53 Miller Street, Epping OBJECTIVES: To improve physical health and mental well being for those over 50 while socialising and having fun. DESCRIPTION: THIS CLASS IS FOR MEN Walking Football is a small sided, no contact, no running, modified version of soccer. It is suitable for all age groups over 50 and is inclusive of gender, ability and ethnicity. It is played in a safe, fun and social environment. There are many benefits of Walking Football including improved fitness, mobility and mental health.

COST \$2/week - towards venue hire

234THU24: Walking Football - Ladies

Type: Long Course

Dates: 02/02/2023 - 30/11/2023

Frequency: Weekly Course, Thu 9:30 - 11:00

Location: YMCA Leisure City 41-53 Miller Street Epping

Tutor / Leader: Gerry Fay

LOCATION: YMCA Leisure City, 41-53 Miller Street, Epping OBJECTIVES: To improve physical health and mental well being for those over 50 while socialising and having fun. DESCRIPTION: THIS CLASS IS FOR LADIES Walking Football is a small sided, no contact, no running, modified version of soccer. It is suitable for all age groups over 50 and is inclusive of gender, ability and ethnicity. It is played in a safe, fun and social environment. There are many benefits of Walking Football including improved fitness, mobility and mental health.

COST \$2/week - towards venue hire

Creative Writing Process

231MON21: E-Book Publishing

Type: Long Course

Dates: 06/02/2023 - 27/11/2023

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.

233WED04: Creative Writing Group

Type: Long Course

Dates: 01/02/2023 - 29/11/2023

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

Location: Jindi Family and Community 48 Breadalbane Avenue, Mernda

Tutor / Leader: Bryan McNally

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.

233WED05: Improving Your Writing Craft

Type: Long Course

Dates: 08/02/2023 - 29/11/2023

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.
