



Whittlesea U3A Inc

COURSE SUMMARY 2023

02-Mar-2023

<https://whittleseau3a.org.au/>

Term 1 - 31 January 2023 to 6 April 2023

Term 2 – 24 April 2023 to 23 June 2023

Term 3 – 10 July 2023 to 15 September 2023

Term 4 – 2 October 2022 to 1 December 2023

Classes may be cancelled on
Total Fire Ban Days

Code	Day	Description	Location	Tutor/Leader	Start Date	Finish Date	Start	Finish	Freq
230GEN01	Mon	General Membership Activities	None	Kevin Whelan	2/01/2023	31/12/2023	9:00AM	9:00AM	None
231MON01	Mon	The Cross Country Walkers	Council Car Park	Ching Wong	27/02/2023	27/11/2023	9:15AM	1:00PM	4th Mon
231MON02	Mon	Indoor Walking Aerobics	French St Hall Lalor	Mary Leeds	6/02/2023	27/11/2023	12:40PM	1:30PM	Wkly
231MON03	Mon	Tai Chi & Qigong	French St Hall Lalor	Phu Phan	6/02/2023	27/11/2023	9:00AM	10:00AM	Wkly
231MON04	Mon	Yang Tai Chi 24 Form	French St Hall Lalor	Phu Phan	6/02/2023	27/11/2023	10:15AM	11:15AM	Wkly
231MON05	Mon	Tai Chi Sword for Health	French St Hall Lalor	Phu Phan	6/02/2023	27/11/2023	11:30AM	12:00PM	Wkly
231MON06	Mon	Tai Chi Bo Staff	French St Hall Lalor	Phu Phan	6/02/2023	27/11/2023	12:00PM	12:30PM	Wkly
231MON07	Mon	Annual Labour Day Picnic at Hawkstowe Pa	Hawkstowe Park	Marion Gaylard	13/03/2023	13/03/2023	9:00AM	5:00PM	Annual
231MON08	Mon	Cards 500 Laurimar	Laurimar CAC	David Ross	9/01/2023	18/12/2023	1:00PM	4:00PM	Wkly
231MON09	Mon	Scrabble	Mill Park Com Centre	Joan Delbridge	6/02/2023	27/11/2023	10:30AM	1:30PM	Wkly
231MON10	Mon	Mental Illness Present and Future	Peter Lalor Campus	Bill Gould	20/03/2023	20/03/2023	1:00PM	3:00PM	1 day
231MON11	Mon	Italian Total Beginners	Peter Lalor Campus	Oscar Altavilla	6/02/2023	27/11/2023	10:00AM	12:00PM	Wkly
231MON12	Mon	Illness Present and Future	Peter Lalor Campus	Bill Gould	15/05/2023	15/05/2023	1:00PM	3:00PM	1 day
231MON13	Mon	Canasta / Samba Cards	Thomastown Library	Florence Majewski	9/01/2023	18/12/2023	12:00PM	3:00PM	Wkly
231MON14	Mon	Crochet	Peter Lalor Campus	Freda Delia	6/02/2023	20/11/2023	11:00AM	2:00PM	1 3 5Mon
231MON16	Mon	Computer Android Social Media Support	Peter Lalor Campus	Shoukry Sidrak	6/02/2023	27/11/2023	10:00AM	12:00PM	Wkly
231MON17	Mon	Walk and Talk	Plenty Valley	Margaret Dins	6/02/2023	27/11/2023	9:15AM	10:15AM	Wkly
231MON18	Mon	Feel Well Be Well	Thomastown Library	Pattie Nenadich	6/02/2023	27/11/2023	9:30AM	10:30AM	Wkly
231MON19	Mon	Beginners Line Dancing Whittlesea	Whittlesea CAC	Bev Moore	6/02/2023	27/11/2023	11:30AM	12:30PM	Wkly
231MON20	Mon	Macros and Forms	Thomastown Library	None	6/02/2023	27/11/2023	10:30AM	12:30PM	Wkly
231MON21	Mon	E-Book Publishing	Whittlesea CAC	Jan Marshall	6/02/2023	27/11/2023	1:00PM	3:00PM	Wkly
231MON22	Mon	Orchid repotting	Peter Lalor Campus	Alex Shepherd	16/10/2023	16/10/2023	10:00AM	12:00PM	1 day
231MON23	Mon	Social Exercise and Walking Football Mix	YMCA Leisure	Con Constantinou	30/01/2023	4/12/2023	10:00AM	12:00PM	Wkly
231MON24	Mon	Line Dancing Advanced	French St Hall Lalor	Tita Kolonis	6/02/2023	4/12/2023	1:40PM	2:40PM	Wkly
231MON25	Mon	Exercise For Fitness	Thomastown Library	Helen Ang	6/03/2023	4/12/2023	10:30AM	11:30AM	Wkly
232TUE01	Tue	Cards 500 Epping	Epping Memorial	Alby Griffin	3/01/2023	19/12/2023	10:00AM	1:00PM	Wkly
232TUE02	Tue	Gardening Class	Estia School House	Peter Rodaughan	7/02/2023	4/04/2023	1:30PM	3:30PM	Wkly
232TUE03	Tue	Golf	Growling Frog Golf C	Domenic Marino	31/01/2023	28/11/2023	8:30AM		Wkly
232TUE04	Tue	Lalor Lazy Walking Group	Lalor Library	Cath Vindgini	31/01/2023	28/11/2023	9:30AM	11:00AM	Wkly
232TUE05	Tue	Basic Computer and Tablet and Smartphon	Peter Lalor Campus	Antonio Pignatelli	7/02/2023	28/11/2023	10:00AM	12:00PM	Wkly

Code	Day	Description	Location	Tutor/Leader	Start Date	Finish Date	Start	Finish	Freq
232TUE06	Tue	Table Tennis - May Rd	May Rd Campus	John Darnley	31/01/2023	28/11/2023	1:00PM	4:00PM	Wkly
232TUE07	Tue	Laptop Win 10 Advanced	May Rd Campus	Kathy Lizio	31/01/2023	28/11/2023	1:00PM	3:00PM	Wkly
232TUE08	Tue	Bocce	May Rd Campus	Michele Patane	31/01/2023	28/11/2023	1:00PM	4:00PM	Wkly
232TUE09	Tue	Jewellery Making	Mill Park Com Centre	Christina Stamatopoulos	7/02/2023	28/11/2023	9:15AM	11:00AM	Fort
232TUE10	Tue	Digital Literacy Training ONLINE	ONLINE	Janice Boswell	7/02/2023	28/11/2023	2:30PM	4:30PM	Wkly
232TUE11	Tue	Excel Projects ONLINE	ONLINE	Oliver Mc Auley	31/01/2023	28/11/2023	9:00AM	11:00AM	Wkly
232TUE12	Tue	Mah-Jong	Peter Lalor Campus	Margaret Healy	31/01/2023	28/11/2023	10:00AM	12:00PM	Wkly
232TUE13	Tue	Cards 500 - Lalor	Peter Lalor Campus	Tyrone Dark	3/01/2023	19/12/2023	12:30PM	3:30PM	Wkly
232TUE14	Tue	Indoor Walking Aerobics	Riverside Community	Ann McGuire	7/03/2023	28/11/2023	9:15AM	10:00AM	Wkly
232TUE15	Tue	Tai Chi Beginners Level	Riverside Community	Christine Teh	31/01/2023	28/11/2023	10:15AM	11:15AM	Wkly
232TUE16	Tue	Tai-Chi Advanced Level	Riverside Community	Teresa Wong	31/01/2023	28/11/2023	11:30AM	12:30PM	Wkly
232TUE17	Tue	Summer Seed Series Quarry Hills #1	The Lakes Grasslands	Glen Wall	10/01/2023	10/01/2023	9:30AM	11:30AM	1 day
232TUE18	Tue	Laptop Windows	Thomastown Library	Kevin Whelan	31/01/2023	28/11/2023	1:30PM	3:30PM	Wkly
232TUE19	Tue	Photography iPhone Android	Sherwin Rise	Natalie Lim	9/05/2023	12/09/2023	10:00AM	11:30AM	Fort
232TUE20	Tue	Gardening Class	Estia School House	Peter Rodaughan	3/10/2023	28/11/2023	1:30PM	3:30PM	Wkly
232TUE21	Tue	Basic Bee Keeping	Peter Lalor Campus	Frank Ciechowski	28/02/2023	28/02/2023	12:00PM	1:30PM	1 day
232TUE22	Tue	Leprechaun Trivia Afternoon	Brookwood CC	Patrick Muldoon	14/02/2023	7/11/2023	1:00PM	3:00PM	2 4Week
232TUE23	Tue	French Conversation	Lalor Library	Christiane Gemayel	7/02/2023	28/11/2023	12:00PM	1:00PM	Wkly
232TUE24	Tue	First Aid	Peter Lalor Campus	Peter Cleary	21/02/2023	21/02/2023	10:00AM	11:00AM	1 day
232TUE25	Tue	Managing Sleep and Fatigue	Peter Lalor Campus	Peter Cleary	28/03/2023	28/03/2023	10:00AM	11:00AM	1 day
232TUE26	Tue	Healthy Bladder	Peter Lalor Campus	Peter Cleary	4/04/2023	4/04/2023	10:00AM	11:00AM	1 day
232TUE27	Tue	Healthy Feet	Peter Lalor Campus	Peter Cleary	16/05/2023	16/05/2023	2:00PM	3:00PM	1 day
232TUE28	Tue	Healthy Skin	Peter Lalor Campus	Peter Cleary	20/06/2023	20/06/2023	2:00PM	3:00PM	1 day
232TUE29	Tue	CPR and Defib Basics	Peter Lalor Campus	Peter Cleary	15/08/2023	15/08/2023	2:00PM	3:00PM	1 day
232TUE30	Tue	Falls Prevention	Peter Lalor Campus	Peter Cleary	24/10/2023	24/10/2023	2:00PM	3:00PM	1 day
232TUE31	Tue	Film and Book Discussion	Lalor Library	Christiane Gemayel	14/02/2023	5/12/2023	10:00AM	12:00PM	Fort
233WED01	Wed	Teaching Line Dancing No Music	Epping Memorial Hall	Lillian Madden	1/02/2023	29/11/2023	10:00AM	10:30AM	Wkly
233WED02	Wed	Line Dancing for Various Levels	Epping Memorial Hall	Mia Jenkins	1/02/2023	29/11/2023	10:30AM	12:30PM	Wkly
233WED03	Wed	Hand Sewing for Unfinished Projects	Janefield CC	Joh Griffin	1/02/2023	29/11/2023	11:00AM	2:00PM	Wkly
233WED04	Wed	Creative Writing Group	Jindi Centre	Bryan McNally	1/02/2023	29/11/2023	1:00PM	3:00PM	Fort
233WED05	Wed	Improving Your Writing Craft	Jindi Centre	Jan Marshall	8/02/2023	29/11/2023	1:00PM	3:00PM	Fort
233WED06	Wed	Mernda Walking Group	Mernda Village Shops	Jeanette Daisley	1/02/2023	29/11/2023	9:30AM	10:30AM	Wkly
233WED07	Wed	Walking Group	Norris Bank Reserve	Beth Pearce	1/02/2023	29/11/2023	9:30AM	11:00AM	Wkly
233WED08	Wed	Exercises for Healthy Ageing	Thomastown Library	Ida Tipping	1/02/2023	29/11/2023	2:00PM	3:00PM	Wkly
233WED09	Wed	Apple iPHONE & iPAD Self Help - ONLI	ONLINE	Janice Boswell	1/02/2023	29/11/2023	10:00AM	12:00PM	Wkly

Code	Day	Description	Location	Tutor/Leader	Start Date	Finish Date	Start	Finish	Freq
233WED10	Wed	Apple iPHONE & iPAD - ONLINE	ONLINE	Janice Boswell	1/02/2023	29/11/2023	1:00PM	3:00PM	Wkly
233WED11	Wed	Understand your Garden - ONLINE	ONLINE	Alex Shepherd	21/06/2023	21/06/2023	5:30PM	7:30PM	1 day
233WED13	Wed	Knitters Group	Peter Lalor Campus	Diana Torcaso	1/02/2023	15/11/2023	10:00AM	12:00PM	Wkly
233WED14	Wed	Apple iPHONE & iPAD	Peter Lalor Campus	Janice Boswell	1/02/2023	29/11/2023	1:00PM	3:00PM	Wkly
233WED15	Wed	Apple iPHONE & iPAD Self Help	Peter Lalor Campus	Janice Boswell	1/02/2023	29/11/2023	10:00AM	12:00PM	Wkly
233WED16	Wed	Drawing for Beginners	Peter Lalor Campus	Jill Evans-Bromley	1/02/2023	29/11/2023	10:00AM	12:00PM	Wkly
233WED17	Wed	Chess and other Board Games	Peter Lalor Campus	John Kolonis	1/02/2023	29/11/2023	1:00PM	3:00PM	Wkly
233WED18	Wed	Book Discussion	Private home Doreen	Brenda Gorely	15/02/2023	15/11/2023	1:00PM	2:30PM	3rd Wed
233WED20	Wed	Summer Seed Series Quarry Hills #2	Hunters Rd Grassland	Glen Wall	11/01/2023	11/01/2023	9:30AM	11:30AM	1 day
233WED21	Wed	Body Weight and Strengthening Exe	Thomastown Library	Aaron Greschler	22/02/2023	6/12/2023	9:00AM	10:00AM	Wkly
234THU01	Thu	Italian Language Intermediate	Lalor Library	Antonio Pignatelli	2/02/2023	30/11/2023	10:00AM	12:00PM	Wkly
234THU02	Thu	Art For Fun	Jindi Centre	Noelene Jardine	2/02/2023	30/11/2023	1:00PM	3:00PM	Wkly
234THU03	Thu	Line Dancing - For Experienced Dancers	French St Hall Lalor	Elaine Bateman	2/02/2023	30/11/2023	3:30PM	5:00PM	Wkly
234THU04	Thu	Windows 10 Computer Support	May Rd Campus	Kathy Lizio	2/02/2023	30/11/2023	1:00PM	3:00PM	Wkly
234THU05	Thu	Trivia Night	May Rd Campus	Kathy Lizio	2/02/2023	30/11/2023	7:00PM	9:00PM	1 3 5Thu
234THU06	Thu	Exercise for Healthy Living - Lalor	May Rd Campus	Kumar Chandrakumar	2/02/2023	30/11/2023	11:00AM	12:00PM	Wkly
234THU07	Thu	Beginners Yoga	May Rd Campus	Marietta Antoni	2/02/2023	30/11/2023	9:30AM	10:45AM	Wkly
234THU08	Thu	Italian Culture and Language Advanced	Lalor Library	Antonio Pignatelli	2/02/2023	30/11/2023	1:30PM	3:30PM	Wkly
234THU09	Thu	Ukulele with the Choir	May Rd Campus	Ron Harvey	2/02/2023	30/11/2023	3:30PM	5:30PM	Wkly
234THU10	Thu	Singing for Joy	May Rd Campus	Silvana Di Battista	2/02/2023	30/11/2023	3:30PM	5:30PM	Wkly
234THU11	Thu	Self Help Genealogy	Mill Park Library	Anne Heafield	2/02/2023	30/11/2023	1:00PM	3:30PM	4th Thu
234THU12	Thu	Family History	Mill Park Library	Elaine Moore	2/02/2023	30/11/2023	1:00PM	3:30PM	1 3 5Thu
234THU13	Thu	Mandarin Elementary Level	Mill Park Library	Polly Wong	2/02/2023	30/11/2023	9:30AM	11:30AM	Wkly
234THU14	Thu	Technology and Computers for Seniors	Peter Lalor Campus	Glen Wall	2/02/2023	30/11/2023	10:30AM	12:30PM	Wkly
234THU15	Thu	Android Devices - Learn how to use	Peter Lalor Campus	Peter Cleary	2/02/2023	30/11/2023	9:30AM	10:30AM	Wkly
234THU16	Thu	Origami 3D (Golden Ventures folding)	Peter Lalor Campus	Phu Phan	2/02/2023	30/11/2023	11:00AM	12:00PM	Wkly
234THU17	Thu	Paper Quilling Arts	Peter Lalor Campus	Phu Phan	2/02/2023	30/11/2023	12:00PM	1:00PM	Wkly
234THU18	Thu	Laptop Trouble shooting	Peter Lalor Campus	Shoukry Sidrak	2/02/2023	30/11/2023	10:30AM	12:30PM	Wkly
234THU19	Thu	Family History For Beginners	Mill Park Library	Marion Gaylard	9/02/2023	9/11/2023	1:00PM	3:30PM	2ndThu
234THU20	Thu	Bike Riding	Various Locations	Allan Fowler	2/02/2023	21/12/2023	9:00AM	12:30PM	Wkly
234THU21	Thu	Line Dancing BEGINNERS ONLY	French St Hall Lalor	Cathy Gatt	2/02/2023	30/11/2023	9:30AM	10:30AM	Wkly
234THU22	Thu	Tennis	YMCA Leisure	Domenic Marino	2/02/2023	30/11/2023	9:00AM	10:30AM	Wkly
234THU23	Thu	Walking Football - Gentlemen	YMCA Leisure	Gerry Fay	2/02/2023	30/11/2023	11:00AM	12:30PM	Wkly
234THU24	Thu	Walking Football - Ladies	YMCA Leisure	Gerry Fay	2/02/2023	30/11/2023	9:30AM	11:00AM	Wkly
234THU25	Thu	Film and Book Discussion	Lalor Library	Christiane Gemayel	2/02/2023	30/11/2023	10:30AM	12:30PM	Fort

Code	Day	Description	Location	Tutor/Leader	Start Date	Finish Date	Start	Finish	Freq
234THU26	Thu	Summer Seed Series Quarry Hills #3	Greenhaven Gardens	Glen Wall	12/01/2023	12/01/2023	9:30AM	11:30AM	1 day
234THU27	Thu	Wu Tao Dance with Meditation	Riverside Community	Maria Veerasamy	2/02/2023	30/11/2023	2:00PM	3:00PM	Wkly
234THU28	Thu	Beginners Tai Chi for Health	Riverside Community	Maria Veerasamy	2/02/2023	30/11/2023	3:00PM	4:00PM	Wkly
234THU34	Thu	Carpet Bowls	May Rd Campus	Ron Gorely	9/02/2023	30/11/2023	1:00PM	3:00PM	Wkly
234THU35	Thu	Book Discussion Mill Park Library	Mill Park Library	Jan Marshall	2/02/2023	2/11/2023	1:00PM	3:00PM	1st Thur
235FRI01	Fri	Line Dancing for Exercise 1	Epping Memorial Hall	Cathy Gatt	3/02/2023	8/12/2023	9:30AM	10:15AM	Wkly
235FRI02	Fri	Line Dancing for Exercise 2	Epping Memorial Hall	Cathy Gatt	3/02/2023	8/12/2023	10:30AM	11:30AM	Wkly
235FRI03	Fri	Card Making-Instructional Self Help	Nick Ascenzo	Christine Czerny	3/02/2023	1/12/2023	9:15AM	11:30AM	Wkly
235FRI05	Fri	Middle Eastern Cultural Awareness	Peter Lalor Campus	Dawood Sammour	3/02/2023	8/12/2023	5:00PM	10:00PM	Wkly
235FRI06	Fri	Busy Hands Circle	Peter Lalor Campus	Federica Bordin	3/02/2023	1/12/2023	10:00AM	12:00PM	Wkly
235FRI07	Fri	Film Night	Readings Cinema	Gloria Mason	24/02/2023	24/11/2023	5:30PM		Last FRI
235FRI08	Fri	Coffee and Chat on Friday	The Groove Train	Anne Carbis	3/02/2023	22/12/2023	2:00PM	4:00PM	Wkly
235FRI09	Fri	Computer Very Basic - Total Beginners	Thomastown Library	Afroditi Toso	3/02/2023	1/12/2023	1:00PM	3:00PM	Wkly
235FRI10	Fri	Computers Level 1	Thomastown Library	Peter Rodaughan	3/02/2023	1/12/2023	10:00AM	12:00PM	Wkly
235FRI11	Fri	Tai Chi	Thomastown Library	Teresa Wong	3/02/2023	1/12/2023	12:30PM	2:00PM	1 2 3 5
235FRI12	Fri	Digital Literacy Support Prog #4 ONLINE	ONLINE	Glen Wall	3/02/2023	1/12/2023	11:00AM	1:00PM	Wkly
235FRI13	Fri	Line Dancing for Fun	Epping Activity Cent	Mia Jenkins	3/02/2023	8/12/2023	10:00AM	12:00PM	Wkly
235FRI14	Fri	Healthy Brain Healthy Body	Peter Lalor Campus	Peter Cleary	14/07/2023	14/07/2023	10:00AM	11:00AM	1 day
235FRI15	Fri	Understanding Dementia	Peter Lalor Campus	Peter Cleary	8/09/2023	8/09/2023	10:00AM	11:00AM	1 day
235FRI16	Fri	Master Your Mind	Peter Lalor Campus	Peter Cleary	17/11/2023	17/11/2023	10:00AM	11:00AM	1 day
236SAT01	Sat	African Violet Propagation	Private Home Bun	Jan Marshall	18/02/2023	18/11/2023	9:45AM	12:15PM	3rd Sat
236SAT02	Sat	Reflexology for Health - ONLINE	ONLINE	Maria Veerasamy	4/02/2023	25/11/2023	8:30AM	9:30AM	Fort
236SAT03	Sat	Well Being Steps - ONLINE	ONLINE	Maria Veerasamy	11/02/2023	18/11/2023	8:30AM	9:30AM	Fort
237SUN01	Sun	Discover Melbourne By Train	Sth Morang Station	Federica Bordin	12/02/2023	12/11/2023	8:30AM		2nd Sun
237SUN02	Sun	Summer Train Trips	Sth Morang Station	Marion Gaylard	5/02/2023	5/11/2023	9:00AM		1st Sun
237SUN03	Sun	Exploring Melbourne's Gardens	Various Locations	Mike Mikedis	28/05/2023	26/11/2023	9:00AM	4:00PM	4th SUN
237SUN04	Sun	Leisurely Sunday Bike Rides	Various Locations	Shirley Louie	5/02/2023	17/12/2023	9:00AM	11:00AM	Wkly



indicates that course is full

indicates that course/activity is finished

Courses and Activities may be altered at any time due to unforeseen circumstances such as unavailability of a tutor or venue.

Due to the popularity of some classes if you fail to attend 3 consecutive classes without a valid reason your place may be offered to someone on the Wait List

Course alterations will be advertised on the website <http://whittleseau3a.org.au/> and in the Newsletters. Affected members will generally be advised by email.

Some courses will, initially, have a zero max limit to place all enrolments on a Wait List.

Special	Monthly Morning Tea for all members is held on the first Monday of the month unless advised of a change
---------	---

Code	Day	Description	Location	Tutor/Leader	Start Date	Finish Date	Start	Finish	Freq
Special Events		Annual General Meeting September (tbc) Christmas Lunch to celebrate the WU3A year – details to be advised							