



## **Whittlesea U3A Inc**

### **2024 Courses**

14<sup>th</sup> February 2024

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## Art Activities

### **243WED13: Drawing for Beginners**

**Type: Long Course**

**Dates: 31/01/2024 - 26/06/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Jill Evans-Bromley**

**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. At this stage this class is only available during terms 1 and 2.

**REQUIREMENT:** A3 sketch book; lead pencils - 2B, HB, 4B, eraser and sharpener. Love of drawing

### **244THU24: Art For Fun**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Jindi Family and Community 48 Breadalbane Avenue, Mernda 3754**

**Tutor / Leader: Noelene Jardine**

**Tutor / Leader2: Beryl Clarke**

**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.

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

## Book Discussion

### **244THU11: Book Discussion Mill Park Library**

**Type: Long Course**

**Dates: 01/02/2024 - 07/11/2024**

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

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Jan Marshall**

**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.

### **244THU30: Mernda Book Club - Thursday**

**Type: Long inc school hols**

**Dates: 08/02/2024 - 07/11/2024**

**Frequency: 2nd Thurs of the Month, Thu 11:00 - 13:00**

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: Michelle Pashalidis**

**DESCRIPTION:** The group meets on the second Thursday 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.

# Computers and General Technology

## **241MON12: Computer, Android, Social Media Support**

**Type: Long Course**

**Dates: 05/02/2024 - 25/11/2024**

**Frequency: Weekly Course, Mon 9.30 – 11.30**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Shoukry Sidrak**

**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, Whats 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

## **242TUE04: Laptop Windows 10 / 11**

**Type: Long Course**

**Dates: 30/01/2024 - 26/11/2024**

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

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Kevin Whelan**

**DESCRIPTION:** This is NOT a beginners class. Topics covered will include - Win10 / Win 11 configuration - Use Email - File management - Internet browsing - Staying safe online - Backups - Win upgrades. Students are encouraged to bring computer issues they may be having and share with the class.

**REQUIREMENTS:** Bring your laptop computer with Windows 10 or 11 or use a computer in the Library.

## **242TUE08: Digital Literacy Training ONLINE**

**Type: Long Course**

**Dates: 30/01/2024 - 26/11/2024**

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

**Location: Online via ZOOM**

**Tutor / Leader: Janice Boswell**

**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 have their own electronic device.

## **242TUE10: Photography iPhone Android**

**Type: Short Course**

**Dates: 14/05/2024 - 17/09/2024**

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

**Location: Sherwin Rise Retirement Villag 40 Chetwynd Grove Wollert 3750**

**Tutor / Leader: Lincoln Emsley**

**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

**242TUE14: Android Tablet and Smartphone Help**

**Type: Long Course**

**Dates: 30/01/2024 - 26/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Antonio Pignatelli**

**DESCRIPTION:** This computer activity focusses on helping you to solve problems you may be having using your android tablet and smartphone. It is a good session for answering any questions you might have using these devices

**REQUIREMENT:** Bring along your own android tablet or smartphone.

**242TUE21: Excel Projects ONLINE**

**Type: Long Course**

**Dates: 06/02/2024 - 26/11/2024**

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

**Location: Online via ZOOM**

**Tutor / Leader: Oliver Mc Auley**

**DESCRIPTION:** This course is designed for students who have a basic knowledge of Excel or who are a bit 'rusty' and want to improve their skills.

**243TUE24: 3D Printing**

**Type: Long Course**

**Dates: 06/02/2024 - 26/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Tony Bajoras**

**DESCRIPTION:** If you are interested in finding out how a 3D Printer works and would like to create exciting articles, this is the class for you. Tony a new tutor to Whittlesea U3A, will show participants the exciting potentials of a 3D printer and give them the opportunity for some practical experience.

***Participants will incur some cost during this program. This will be based on what is produced during the year.***

**243WED01: Apple iPhone & iPad Self Help - ONLINE**

**Type: Long Course**

**Dates: 31/01/2024 - 27/11/2024**

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

**Location: Online via ZOOM**

**Tutor / Leader: Janice Boswell**

**Tutor / Leader2: Gavin Trigg**

**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 243WED04

**243WED02: Apple iPhone & iPad - ONLINE**

**Type: ONLINE Long**

**Dates: 31/01/2024 - 27/11/2024**

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

**Location: Online via ZOOM**

**Tutor / Leader: Janice Boswell**

**Tutor / Leader2: Gavin Trigg**

**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 243WED03

**243WED03: Apple iPhone & iPad**

**Type: Long Course**

**Dates: 31/01/2024 - 27/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Janice Boswell**

**Tutor / Leader2: Gavin Trigg**

**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 243WED02

**243WED04: Apple iPhone & iPad Self Help**

**Type: Long Course**

**Dates: 31/01/2024 - 27/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Janice Boswell**

**Tutor / Leader2: Gavin Trigg**

**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 243WED01

**244THU06: Technology and Computers for Seniors**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Glen Wall**

**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.

**245FRI08: Computers Level 1**

**Type: Long Course**

**Dates: 02/02/2024 - 29/11/2024**

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

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Peter Rodaughan**

**Tutor / Leader2: Kathy Lizio**

**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

## Craft

### **241MON02: Crochet**

**Type: Long Course**

**Dates:** 05/02/2024 - 25/11/2024      **Frequency:** 1st, 3rd & 5th Monday of month, Mon 11:00 - 14:00

**Location:** Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075

**Tutor / Leader:** Freda Delia

**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

### **241MON20: Handicrafts Workshop**

**Type: Long Course**

**Dates:** 12/02/2024 - 25/11/2024      **Frequency:** 2nd, 3rd, 4th, 5th Monday, Mon 9:30 - 12:00

**Location:** Community Activity Centre 70 Mernda Village Drive, Mernda 3754

**Tutor / Leader:** Helen Bourgazas

**DESCRIPTION:** Bring along your handicrafts work to share skills and ideas whilst chatting and having fun. This class is not on the first Monday of the month as the tutor attends the morning tea.

### **242TUE17: Jewellery Making**

**Type: Long Course**

**Dates:** 27/02/2024 - 26/11/2024      **Frequency:** Fortnightly, Tue 9:15 - 11:00

**Location:** Private Home Mill Park Please Contact Office Mill Park 3082

**Tutor / Leader:** Christina Stamatopoulos

**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

### **243WED06: Knitters Group**

**Type: Long Course**

**Dates:** 14/02/2024 - 27/11/2024 **Frequency:** 2nd & 4th Week of the month, Wed 10:00 - 12:00

**Location:** Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075

**Tutor / Leader:** Diana Torcaso

**DESCRIPTION:** The group is for knitters (experienced and learners). Come along and join a group who knit for charity. We send our knits to KOGO Group (Knit One Give One) who then pass it weekly onto 300 charities. We also knit for any group who needs special items. Tea and coffee supplied. Donations of wool would be appreciated. Some wool will be supplied for charity knitting or bring your own requirements if knitting for yourself.

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

**243WED09: Hand Sewing for Unfinished Projects**

**Type: Long Course**

**Dates: 31/01/2024 - 27/11/2024**

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

**Location: Janefield Community Centre 2 Manchester Crescent Bundoora 3083**

**Tutor / Leader: Joh Griffin**

**DESCRIPTION:** Bring your unfinished objects/projects of sewing to complete them in a friendly and inclusive social environment

**244THU07: Origami 3D (Golden Ventures folding)**

**Type: Long Course**

**Dates: 15/02/2024 - 28/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Phu Phan**

**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.

**244THU08: Paper Quilling Arts**

**Type: Long Course**

**Dates: 15/02/2024 - 28/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Phu Phan**

**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.

**245FRI04: Busy Hands Circle**

**Type: Long Course**

**Dates: 02/02/2024 - 29/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Federica Bordin**

**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

**245FRI13: Middle Eastern Cultural Awareness**

**Type: Long Course**

**Dates: 02/02/2024 - 29/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Dawood Sammour**

**OBJECTIVE:** To share cultural experiences through discussion.

**DESCRIPTION:** This is part of the Whittlesea U3As cultural awareness program. Dr Dawood Sammour, the tutor, has experienced life in Palestine Jordan and Australia.

# Dancing

## 241MON01: Beginners Line Dancing Whittlesea

Type: Long Course

Dates: 05/02/2024 - 02/12/2024

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

Location: Whittlesea Community Activity 57-61 Laurel St, Whittlesea 3757

Tutor / Leader: Bev Moore

**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.

## 241MON21: Line Dancing Advanced

Type: Long Course

Dates: 05/02/2024 - 02/12/2024

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

Location: Nick Ascenzo, 2 Boronia St. Thomastown 3074

Tutor / Leader: Tita Kolonis

Tutor / Leader2: Cathy Gatt

**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.

## 241MON30: NH Beginners Line Dancing Whittlesea

Type: Short Course

Dates: 04/03/2024 - 25/03/2024

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

Location: Whittlesea Community Activity 57-61 Laurel St, Whittlesea 3757

Tutor / Leader: Bev Moore

This is a beginners line dancing class. The tutor will explain and instruct basic skills and transform these to simple dances. **YOU WILL BE WAITLISTED AND THEN CONTACTED WHEN ENROLLED**

## 242TUE19: Ballroom Dancing in a Line for Beginners

Type: Long inc school hols

Dates: 30/01/2024 - 26/11/2024

Frequency: Weekly Course, Tue 13:00 - 14:30

Location: Riverside C C 8 Doreen Rogen Way South Morang 3752

Tutor / Leader: Sylvette Bignoux

**DESCRIPTION:** If you have always wanted to learn how to ballroom dance this is the class for you. The session is a beginners class, providing basic steps in a slow and easy pace. Classes are conducted in a line so steps are taught and you do not need a partner to take part.

## 243WED05: Line Dancing for Various Levels

Type: Long Course

Dates: 31/01/2024 - 04/12/2024

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

Location: Epping Memorial Hall 827 High St Epping 3076

Tutor / Leader: Mia Jenkins

Tutor / Leader2: Lillian Madden

**DESCRIPTION:** This line dancing class is a general class covering all dancers from beginners to intermediate.

**REQUIREMENTS:** Wear comfortable NON SLIPPERY shoes

**243WED07: Beginners Line Dancing Wednesday**

**Type: Long Course**

**Dates: 31/01/2024 - 04/12/2024**

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

**Location: Epping Memorial Hall 827 High St Epping 3076**

**Tutor / Leader: Lillian Madden**

**Tutor / Leader2: Mia Jenkins**

**DESCRIPTION:** *This is a beginners line dancing class.* Participants will be taught basic steps that can be used in other line dancing activities. Steps taught will be basic so session will be unsuitable to the more advanced dancer.

**244THU15: Ballroom Dancing in a Line**

**Type: Long inc school hols**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Riverside C C 8 Doreen Rogen Way South Morang 3752**

**Tutor / Leader: Sylvette Bignoux**

**DESCRIPTION:** This is ballroom dancing for beginners completed in line or circle. Learn the basic steps and how to dance to the rhythm of the music rather than learning only the steps. You can attend the class with or without a partner. Steps and dances are done in a line so you can learn the steps without a partner if you come by yourself.

**245FRI01: Line Dancing for Fun**

**Type: Long Course**

**Dates: 02/02/2024 - 06/12/2024**

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

**Location: Epping Activity Community Cent 378 Findon Rd Epping 3076**

**Tutor / Leader: Mia Jenkins**

**Tutor / Leader2: Lillian Madden**

**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.

**245FRI05: Line Dancing for Exercise 1**

**Type: Long Course**

**Dates: 02/02/2024 - 06/12/2024**

**Frequency: Weekly Course, Fri 9:30 - 10:15**

**Location: Epping Memorial Hall 827 High St Epping 3076**

**Tutor / Leader: Cathy Gatt**

**Tutor / Leader2: Tita Kolonis**

**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

**245FRI06: Line Dancing for Exercise 2**

**Type: Long Course**

**Dates: 02/02/2024 - 06/12/2024**

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

**Location: Epping Memorial Hall 827 High St Epping 3076**

**Tutor / Leader: Cathy Gatt**

**Tutor / Leader2: Tita Kolonis**

**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

## Exercise

### **241MON05: Walk and Talk**

**Type: Long inc school hols**

**Dates: 05/02/2024 - 25/11/2024**

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

**Location: Plenty Valley Westfield 415 McDonalds Rd South Morang 3752**

**Tutor / Leader: Joy Johnson**

**LOCATION:** Woolworths Entrance Westfield Plenty Valley Please meet NEAR WOOLWORTHS unless otherwise informed by the tutor.

**DESCRIPTION:** 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. Those who walk around the South Morang get to 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.

### **241MON11: Indoor Walking Aerobics**

**Type: Long Course**

**Dates: 05/02/2024 - 25/11/2024**

**Frequency: Weekly Course, Mon 11:45 - 12:30**

**Location: Thomastown Library, Main Road Thomastown 3074**

**Tutor / Leader: Mary Leeds**

**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.

### **241MON24: The Cross Country Walkers**

**Type: Long inc school hols**

**Dates: 26/02/2024 - 25/11/2024**

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

**Location: Council Car Park Ferres Blvd South Morang 3752**

**Tutor / Leader: Ching Wong**

**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.

**241MON25: Feel Well, Be Well**

**Type: Long Course**

**Dates: 05/02/2024 - 25/11/2024**

**Frequency: Weekly Course, Mon 9:15 - 10:30**

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Pattie Nenadich**

**DESCRIPTION:** This is an exercise to dancing class. The tutor Pattie 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.

**241MON26: Exercise For Fitness**

**Type: Long Course**

**Dates: 05/02/2024 - 24/06/2024**

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

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Helen Ang**

**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

**241MON31: NH Walk and Talk**

**Type: Short Course**

**Dates: 11/03/2024 - 25/03/2024**

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

**Location: Plenty Valley Westfield 415 McDonalds Rd South Morang 3752**

**Tutor / Leader: Joy Johnson**

Walking is for all abilities. Participants meet at the allocated venue at 9.10am and walk around the area for approximately one hour and return afterwards for Morning Tea. Please meet near Woolworths unless otherwise informed by the tutor. **YOU WILL BE WAITLISTED AND THEN CONTACTED WHEN ENROLLED**

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

**242TUE09: Lalor Lazy Walking Group**

**Type: Long Course**

**Dates: 30/01/2024 - 26/11/2024**

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

**Location: Front of Lalor Library 2A May Road Lalor 3075**

**Tutor / Leader: Cath Vindgini**

**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

**242TUE18: Indoor Walking Aerobics**

**Type: Long Course**

**Dates: 21/05/2024 - 26/11/2024**

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

**Location: Riverside C C 8 Doreen Rogen Way South Morang 3752**

**Tutor / Leader: Ann McGuire**

**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

**242TUE23: Aqua Aerobics Mill Park**

**Type: Long Course**

**Dates: 30/01/2024 - 25/06/2024**

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

**Location: Mill Park Leisure Centre 33 Morang Dr, Mill Park Mill Park 3082**

**Tutor / Leader: Mill Park Leisure Centre Staff**

**Tutor / Leader2: Natalie Lim**

**Fee: \$7.50/week (paid to the venue)**

**DESCRIPTION** This is a Water Aerobics Program. This program will cost \$7.50 per week which can be paid either cash or card and is ONLY AVAILABLE TO ACTIVE WHITTLESEA U3A MEMBERS WHO ENROL INTO THE CLASS ON THE CALENDAR. Members will need to show their current 2024 membership badge to be allowed into the program each week. Please do not leave your badge at home. The program provides the member with an aquarobics class focusing on water based strengthening exercises and pool access only. It does not include the spa or sauna

**242TUE26: Exe and Live Healthy - Mernda CLASS 1**

**Type: Long Course**

**Dates: 20/02/2024 - 26/11/2024**

**Frequency: Weekly Course, Tue 10:45 - 11:30**

**Location: Community Activity Centre 70 Mernda Village Drive, Mernda 3754**

**Tutor / Leader: Kumar Chandrakumar**

**Tutor / Leader2: Natalie Lim**

**DESCRIPTION:** The class is designed to provide an exercise regime suitable to support a healthy living lifestyle. It focuses on simple body movement to enhance walking, turning, twisting etc. Participants complete exercises based on their level of ability. Chairs are also used to assist with walking and support. **REQUIREMENTS:** Shoes and loose clothes suitable for exercise

**242TUE27: Exe and Live Healthy - Mernda CLASS 2**

**Type: Long Course**

**Dates: 20/02/2024 - 26/11/2024**

**Frequency: Weekly Course, Tue 11:35 - 12:20**

**Location: Community Activity Centre 70 Mernda Village Drive, Mernda 3754**

**Tutor / Leader: Kumar Chandrakumar**

**Tutor / Leader2: Marion Gaylard**

**DESCRIPTION:** The class is designed to provide an exercise regime suitable to support a healthy living lifestyle. It focuses on simple body movement to enhance walking, turning, twisting etc. Participants complete exercises based on their level of ability. Chairs are also used to assist with walking and support. **REQUIREMENTS:** Shoes and loose clothes suitable for exercise

**243WED10: Walking Group**

**Type: Long inc school hols**

**Dates: 31/01/2024 - 27/11/2024**

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

**Location: Norris Bank Reserve 135 McLeans Rd, Bundoora 3083**

**Tutor / Leader: Beth Pearce**

**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.

**243WED14: Mernda Walking Group**

**Type: Long inc school hols**

**Dates: 31/01/2024 - 27/11/2024**

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

**Location: Mernda Village Shops 7a/57 Mernda Village Dve, Mernda 3754**

**Tutor / Leader: Jeanette Daisley**

**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;

**243WED17: Body Weight and Strengthening Exe**

**Type: None**

**Dates: 31/01/2024 - 27/11/2024**

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

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Pattie Nenadich**

**DESCRIPTION:** This series of exercises focus on upper body strengthening. Each participants works at their own level to improve their body weight and strengthening skills.

**244THU05: Bike Riding**

**Type: Long inc school hols**

**Dates: 04/01/2024 - 19/12/2024**

**Frequency: Weekly Course, Thu 9:00 - 12:30**

**Location: Various locations**

**Tutor / Leader: Allan Fowler**

**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

**244THU31: NH Bike Riding**

**Type: Short Course**

**Dates: 07/03/2024 - 28/03/2024**

**Frequency: Weekly Course, Thu 9:00 - 12:30**

**Location: Various locations**

**Tutor / Leader: Allan Fowler**

Bike rides of a distance of 25km and 35km. Speed: Leisurely/relaxed/moderate. The rides are mainly on bike paths/trails/back streets. Riders either drive with their bikes in their car or ride their bikes to the starting point. YOU WILL BE WAITLISTED AND THEN CONTACTED WHEN ENROLLED Required: Full bike riding equipment required. A Bike in reasonable condition with good tyres bike helmet. Riders must have reasonable fitness.

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

**244THU32: Exe for Healthy Living - Lalor CLASS1**

**Type: Long Course**

**Dates: 08/02/2024 - 28/11/2024**

**Frequency: Weekly Course, Thu 10:30 - 11:15**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Kumar Chandrakumar**

**Tutor / Leader2: Mary Leeds**

**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

**244THU33: Exe for Healthy Living - Lalor CLASS2**

**Type: Long Course**

**Dates: 08/02/2024 - 28/11/2024**

**Frequency: Weekly Course, Thu 11:15 - 12:00**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Kumar Chandrakumar**

**Tutor / Leader2: Mary Leeds**

**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

**245FRI15: Aqua Aerobics TRAC**

**Type: Long inc school hols**

**Dates: 12/01/2024 - 26/07/2024**

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

**Location: TRAC Recreation Centre 52 Main Street Thomastown 3074**

**Tutor / Leader: TRAC Staff**

**Tutor / Leader2: Natalie Lim**

**Fee: \$7.50/week (paid to the venue)**

**DESCRIPTION** This is a Water Aerobics Program. This program will cost \$7.50 per week which can be paid either cash or card and is ONLY AVAILABLE TO ACTIVE WHITTLESEA U3A MEMBERS WHO ENROL INTO THE CLASS ON THE CALENDAR. Members will need to show their current 2024 membership badge to be allowed into the program each week. Please do not leave your badge at home. The program provides the member with an aquarobics class focusing on water based strengthening exercises and pool access only. It does not include the spa or sauna

**247SUN03: Leisurely Sunday Bike Rides**

**Type: Long inc school hols**

**Dates: 04/02/2024 - 01/12/2024**

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

**Location: Various locations**

**Tutor / Leader: Shirley Louie**

**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

### **241MON03: Canasta / Samba Cards**

**Type: Long inc school hols**

**Dates: 08/01/2024 - 16/12/2024**

**Frequency: Weekly Course, Mon 12:30 - 15:00**

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Florence Majewski**

**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.

### **241MON04: Cards 500 Laurimar**

**Type: Long inc school hols**

**Dates: 08/01/2024 - 23/12/2024**

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

**Location: Laurimar Community Act. Centre 110 Hazel Glen Drive Doreen 3754**

**Tutor / Leader: David Ross**

**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) it 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.

### **241MON27: Scrabble**

**Type: Long Course**

**Dates: 05/02/2024 - 25/11/2024**

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

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: June Cheah**

**DESCRIPTION:** Have a way with words, then you will love playing Scrabble with friends.

### **241MON32: NH Scrabble**

**Type: Short Course**

**Dates: 04/03/2024 - 25/03/2024**

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

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: June Cheah**

If you have a way with words, then you will love playing Scrabble with friends. YOU WILL BE WAITLISTED AND THEN CONTACTED WHEN ENROLLED

### **242TUE01: Billiards**

**Type: Long Course**

**Dates: 30/01/2024 - 26/11/2024**

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

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Michele Patane**

**DESCRIPTION:** Come and enjoy a social game of Billiards with friends. Beginners welcome

**242TUE06: Cards 500 Epping**

**Type: Long inc school hols**

**Dates: 02/01/2024 - 24/12/2024**

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

**Location: Epping Memorial Hall - Meeting 827 High St Epping 3076**

**Tutor / Leader: Alby Griffin**

**DESCRIPTION:** Classes continue through school holidays. We have group sessions of talking and joking while playing cards

**242TUE11: Bocce**

**Type: Long Course**

**Dates: 30/01/2024 - 26/11/2024**

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

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Michele Patane**

**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.

**242TUE12: Cards 500 - Lalor**

**Type: Long Course**

**Dates: 30/01/2024 - 26/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Tyrone Dark**

**DESCRIPTION:** These sessions continue through school holidays as they combine with Cards 500 Epping due to the closure of this venue during this time. This class plays Cards 500 in a friendly atmosphere. We welcome learners and experienced players

**242TUE16: Mah-Jong**

**Type: Long Course**

**Dates: 30/01/2024 - 26/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Margaret Healy**

**DESCRIPTION:** 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.

**243WED18: Chess and other Board Games**

**Type: Long Course**

**Dates: 31/01/2024 - 27/11/2024**

**Frequency: Weekly Course, Wed 13:00 - 14:45**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: John Kolonis**

**Tutor / Leader2: Tita Kolonis**

**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.

**243WED19: Learn to Play Italian Cards**

**Type: Long Course**

**Dates: 31/01/2024 - 27/11/2024**

**Frequency: Weekly Course, Wed 13:00 - 14:45**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Tita Kolonis**

**Tutor / Leader2: John Kolonis**

**DESCRIPTION:** Come and learn how to play Italian cards, including Scopa, Briscola and Tresette with original Italian suited cards. You will be taught how to recognize, the card pattern suit, value, and scoring of the game

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

**243WED23: NH Chess and other Board Games**

**Type: Short Course**

**Dates: 06/03/2024 - 27/03/2024**

**Frequency: Weekly Course, Wed 13:00 - 14:45**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: John Kolonis**

**Tutor / Leader2: Tita Kolonis**

Beginners as well as experienced players welcome. The aim is to help you play chess well enough to enjoy it. Play the noblest and most popular board game in the world. Other board games will also be played during this session. YOU WILL BE WAITLISTED AND THEN CONTACTED WHEN ENROLLED

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

**244THU03: Billiards**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Michele Patane**

**DESCRIPTION:** Come and enjoy a social game of Billiards with friends. Beginners welcome

**244THU04: Bocce**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Michele Patane**

**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.

**244THU26: Carpet Bowls**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Michael Perri**

**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

### **241MON13: Orchid repotting**

**Type: 1 day**

**Dates: 14/10/2024 - 14/10/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Alex Shepherd**

**DESCRIPTION:** Learn when and how to repot your orchids in a friendly and casual environment.

### **243WED11: Understand your Garden - ONLINE**

**Type: ONLINE Short**

**Dates: 12/06/2024 - 12/06/2024**

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

**Location: Online via ZOOM**

**Tutor / Leader: Alex Shepherd**

**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

### **243WED15: Understand your Garden #2 - ONLINE**

**Type: ONLINE Short**

**Dates: 13/11/2024 - 13/11/2024**

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

**Location: Online via ZOOM**

**Tutor / Leader: Alex Shepherd**

**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

# Health and Well Being

## **241MON06: Tai Chi Class 1**

**Type: Long Course**

**Dates: 12/02/2024 - 25/11/2024**

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

**Location: Miller Community Centre 11 Mill Park Drive (cnr Blamey Ave) Mill Park 3082**

**Tutor / Leader: Phu Phan**

**Tutor / Leader2: Teresa Wong**

**DESCRIPTION:** Daoyin Yangsheng 12 movements is a series of exercises which combines physical movement, mental cultivation together with regulated breathing. The practice of these exercises brings about increased muscular efficiency and coordination, improved breathing and blood flow, greater flexibility, a higher level internal balance and harmony and improved immune system

## **241MON07: Tai Chi Class 2**

**Type: Long Course**

**Dates: 12/02/2024 - 25/11/2024**

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

**Location: Miller Community Centre 11 Mill Park Drive (cnr Blamey Ave) Mill Park 3082**

**Tutor / Leader: Phu Phan**

**Tutor / Leader2: Teresa Wong**

**DESCRIPTION:** 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.

## **241MON08: Tai Chi Sword for Health**

**Type: Long Course**

**Dates: 12/02/2024 - 25/11/2024**

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

**Location: Miller Community Centre 11 Mill Park Drive (cnr Blamey Ave) Mill Park 3082**

**Tutor / Leader: Phu Phan**

**Tutor / Leader2: Teresa Wong**

**DESCRIPTION:** 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: - Tai Chi Sword Yang 32 form - Tai Chi 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.

**241MON09: Qi Gong Stick**

**Type: Long Course**

**Dates: 12/02/2024 - 25/11/2024**

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

**Location: Miller Community Centre 11 Mill Park Drive (cnr Blamey Ave) Mill Park 3082**

**Tutor / Leader: Phu Phan**

**Tutor / Leader2: Teresa Wong**

**DESCRIPTION:** Qi Gong Stick 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.

**241MON15: What is Anxiety 2**

**Type: 1 day**

**Dates: 25/03/2024 - 25/03/2024**

**Frequency: 1 Day Course, Mon 13:00 - 14:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Bill Gould**

**DESCRIPTION:** What is Anxiety 2 is second of a series of discussion sessions which can be taken either individually or as a group. Once again participants will, under the guidance of a trained professional, discuss the various issues leading up to the feeling of anxiety so as to recognise the initial signs in both yourself, family and friends. It includes an opportunity for whole group discussion and questions and answers.

**241MON22: What is Anxiety 3**

**Type: 1 day**

**Dates: 22/07/2024 - 22/07/2024**

**Frequency: 1 Day Course, Mon 13:00 - 14:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Bill Gould**

**DESCRIPTION:** What is Anxiety 3 is third of a series of discussion sessions which can be taken either individually or as a group. Once again participants will, under the guidance of a trained professional, discuss the various issues leading up to the feeling of anxiety so as to recognise the initial signs in both yourself, family and friends. It includes an opportunity for whole group discussion and questions and answers.

**241MON23: What is Anxiety 4**

**Type: 1 day**

**Dates: 26/08/2024 - 26/08/2024**

**Frequency: 1 Day Course, Mon 13:00 - 14:00**

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Bill Gould**

**DESCRIPTION:** What is Anxiety 4 is fourth of a series of discussion sessions which can be taken either individually or as a group. Once again participants will, under the guidance of a trained professional, discuss the various issues leading up to the feeling of anxiety so as to recognise the initial signs in both yourself, family and friends. It includes an opportunity for whole group discussion and questions and answers.

**241MON29: Finding Medical Records Online**

**Type: Long Course**

**Dates: 29/04/2024 - 30/09/2024**

**Frequency: 5th Month of Month, Mon 13:30 - 15:00**

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: Northern Health**

**Tutor / Leader2: Glen Wall**

**DESCRIPTION:** This activity which runs on the 5th Monday of the month (not during school holidays or public holidays) will focus of showing participants how to access their medical records online. It will also explain how medical plans can be viewed and updated. The program will be organised by Northern Health.

**242TUE05: Tai Chi Intermediate Level**

**Type: Long Course**

**Dates: 13/02/2024 - 26/11/2024**

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

**Location: Riverside C C 8 Doreen Rogen Way South Morang 3752**

**Tutor / Leader: Christine Teh**

**DESCRIPTION :** Taichi is a form of exercise whereby a sequence of movements are performed slowly in a flowing relaxing manner. This class will cover warm ups, Qigong (life energy exercises), 24 forms Yang style Taichi, cooling down exercises. ***This is not a beginner's class***

**BENEFITS:** Build strong bones and muscles. Improves balancing and coordination. Improves brain functions, sharpens mental focus and memory. Promotes healthy physical and mental well being.

**ADDITIONAL INFORMATION:** knowledge of basic Taichi is an advantage but not essential. Wear comfortable clothing and shoes. Bring along a drink bottle.

**242TUE15: Tai-Chi Advanced Level**

**Type: Long Course**

**Dates: 13/02/2024 - 26/11/2024**

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

**Location: Riverside C C 8 Doreen Rogen Way South Morang 3752**

**Tutor / Leader: Teresa Wong**

**Tutor / Leader2: Peter Edmonds**

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

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

**244THU17: Wu Tao Dance and Beginners Tai Chi**

**Type: Long Course**

**Dates: 01/02/2024 - 21/11/2024**

**Frequency: Fortnightly, Thu 14:00 - 15:45**

**Location: Riverside C C 8 Doreen Rogen Way South Morang 3752**

**Tutor / Leader: Maria Veerasamy**

**DESCRIPTION:** Wu Tao is a dance meditation practice done to music that balances and harmonizes 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. The Tai Chi component of the class is for beginners.

**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.

**245FRI09: Tai Chi**

**Type: Long Course**

**Dates: 02/02/2024 - 29/11/2024**

**Frequency: 1st, 2nd, 3rd, 5th Friday, Fri 12:30 - 14:00**

**Location: Thomastown Library 52 Main Street, Thomastown 3074**

**Tutor / Leader: Teresa Wong**

**CRITERIA:** Patience with oneself to learn in a warm and encouraging environment

**DESCRIPTION:** This class is not on the 4th Friday of the month. 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

**245FRI11: Meditation and Qi Gong**

**Type: Long Course**

**Dates: 02/02/2024 - 29/11/2024**

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

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: Ann Bellofiore**

**DESCRIPTION:** Come and learn how to relax and unwind in a quiet environment. Learn mediation techniques that you can use and practise at home. This class is also available online - 245FRI12

**245FRI12: Meditation Qi Gong Online**

**Type: Long Course**

**Dates: 02/02/2024 - 29/11/2024**

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

**Location: Online via ZOOM**

**Tutor / Leader: Ann Bellofiore**

**DESCRIPTION:** Come and learn how to relax and unwind in a quiet environment. Learn mediation techniques that you can use and practise at home. This course is also available face to face - 245FRI11

**245FRI14: Tai Chi Beginners Level**

**Type: Long Course**

**Dates: 16/02/2024 - 29/11/2024**

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

**Location: Riverside C C 8 Doreen Rogen Way South Morang 3752**

**Tutor / Leader: Christine Teh**

**DESCRIPTION :** Taichi is a form of exercise whereby a sequence of movements are performed slowly in a flowing relaxing manner. This class will cover warm ups, Qigong, 10 forms Yang style Taichi and cool down exercise. This class is for beginners. Benefits: Build strong muscles and bones. Improves balancing and coordination. Improves mental concentration and alertness. Promotes healthy physical and mental well being. Additional information: Suitable for all level of fitness. No experience is required. Wear comfortable clothing and shoes. Bring along a drink bottle.

**245FRI16: Eating for Healthy Living**

**Type: Long Course**

**Dates: 02/02/2024 - 01/11/2024**

**Frequency: Monthly, Fri 10:00 - 12:30**

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: DPV Health**

**Tutor / Leader2: Glen Wall**

**DESCRIPTION:** This program, delivered monthly on the third Friday of the month will be conducted by a qualified Dietitian from DPV Health. During the sessions participants will learn how to develop menus that will promote a healthy lifestyle. Recipes will be provided and discussed. Medical issues relating to diets and healthy eating will also be a focus of these sessions.

**245FRI17: Preparing Healthy Food**

**Type: Long Course**

**Dates: 09/02/2024 - 08/11/2024**

**Frequency: Monthly, Fri 10:00 - 12:30**

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: DPV Health**

**Tutor / Leader2: Glen Wall**

**DESCRIPTION:** This program, delivered monthly on the second Friday of the month will be conducted by a qualified Dietitian from DPV Health. During the sessions participants will be provided with information, tips and suggestions on how to prepare healthy, simple and easy food for themselves at home.

**245FRI18: Sampling Food for Different Cultures**

**Type: Long Course**

**Dates: 16/02/2024 - 15/11/2024**

**Frequency: Monthly, Fri 10:00 - 12:30**

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: DPV Health**

**Tutor / Leader2: Glen Wall**

**DESCRIPTION:** This program, delivered monthly on the third Friday of the month will be conducted by a qualified Dietitian from DPV Health as well as various cooks from different cultural backgrounds. During the sessions participants will be able to sample various dishes from different cultural regions. Recipes and menu tips will also be available.

**245FRI19: Cooking For U**

**Type: Long Course**

**Dates: 23/02/2024 - 22/11/2024**

**Frequency: Monthly, Fri 10:00 - 12:30**

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: DPV Health**

**Tutor / Leader2: Glen Wall**

**Fee: \$13.00/week (paid to the tutor)**

**DESCRIPTION:** This program, delivered monthly on the fourth Friday of the month will be conducted by a qualified Dietitian from DPV Health. During the sessions participants will cook/watch a cooking demonstration that will provide them with a 2 course meal – either entre and main or main and dessert. The dietitian will also provide participants with dietary information on cooking nutritious meals, shopping etc. The cost of the class will be \$13/week however, for those eligible and registered, this can be claimed through the My Aged Care package.

**246SAT01: Reflexology, Well Being Steps - ONLINE**

**Type: Long Course**

**Dates: 03/02/2024 - 23/11/2024**

**Frequency: Fortnightly, Sat 8:30 - 9:45**

**Location: Online via ZOOM**

**Tutor / Leader: Maria Veerasamy**

**DESCRIPTION:** Reflexology, Well Being Steps is a learning class covering self - care hand exercises, basic face, hand and foot massage and an introduction to Reflexology.

## Family History and Genealogy

### **244THU19: Self Help Genealogy**

**Type: Long Course**

**Dates: 22/02/2024 - 28/11/2024**

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

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Anne Heafield**

**Tutor / Leader2: Elaine Moore**

**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.

### **244THU22: Family History For Beginners**

**Type: Long Course**

**Dates: 08/02/2024 - 14/11/2024**

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

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Marion Gaylard**

**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.

### **244THU25: Family History**

**Type: Long Course**

**Dates: 01/02/2024 - 21/11/2024**

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

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Elaine Moore**

**Tutor / Leader2: Anne Heafield**

**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.

## Various Interests

### **241MON28: Speakers' Discussion Group**

**Type: Long Course**

**Dates: 12/02/2024 - 28/11/2024**

**Frequency: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> Monday, Mon 13:30 - 15:00**

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: Glen Wall**

**DESCRIPTION:** This activity explores a number of interesting subjects from history, geography, health, and community engagement. Each week there will be a new speaker focusing on topics like the history of the Sydney Opera House, historical places around the world, how to access medical information etc. Attend the session you are interested in or attend them all. Topics will be organised a term in advanced by the tutor and advertised in our newsletter.

### **243WED22: Record Your Family Experience**

**Type: Long Course**

**Dates: 31/01/2024 - 31/12/2024**

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

**Location: Glenroy Community Hub 50 Wheatsheaf Rd Glenroy**

**Tutor / Leader: Glen Wall**

**DESCRIPTION:** This activity given participants the opportunity to record their family experience in digital format

### **241MON34: NH Speakers' Discussion Group**

**Type: Short Course**

**Dates: 04/03/2024 - 25/03/2024**

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

**Location: Mernda Social Support Centre 70 Mernda Village Road Mernda 3754**

**Tutor / Leader: Glen Wall**

This activity explores a number of interesting subjects from history, geography, health, and community engagement. Each week there will be a new speaker focusing on topics such as the history of the Sydney Opera House, historical places around the world, how to access medical information etc. YOU WILL BE WAITLISTED AND THEN CONTACTED WHEN ENROLLED

## Study of Foreign Languages

### **241MON16: Learn Basic French**

**Type: Long inc school hols**

**Dates: 05/02/2024 - 25/11/2024**

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

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Sylvette Bignoux**

**DESCRIPTION:** Learn Basic French through song and the study of phonics. French is the native language of the tutor and she has spent many years teaching and loves to share the language with members of the community.

### **241MON19: Italian Total Beginners**

**Type: Long Course**

**Dates: 05/02/2024 - 25/11/2024**

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

**Location: Peter Lalor Campus 34 Robert St near Lyndon St Lalor 3075**

**Tutor / Leader: Oscar Altavilla**

**DESCRIPTION:** Students will interact with an Italian native Tutor and learn the grammar rules and also culture and customs. In the class 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.

### **242TUE03: French Conversation**

**Type: Long Course**

**Dates: 06/02/2024 - 26/11/2024**

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

**Location: Front of Lalor Library 2A May Road Lalor 3075**

**Tutor / Leader: Christiane Gemayel**

**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

### **244THU14: Mandarin, Elementary Level**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Mill Park Library 394 Plenty Rd, Mill Park 3082**

**Tutor / Leader: Polly Wong**

**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

**244THU21: Italian Language Intermediate**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Front of Lalor Library 2A May Road Lalor 3075**

**Tutor / Leader: Antonio Pignatelli**

**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. Most of the work is done in the class where students take notes from the whiteboard ask questions and use web translators or book dictionaries. There is no fixed scheduling so people can join anytime.

## Learning Activities

**243WED16: History of Number - Online**

**Type: Long Course**

**Dates: 07/02/2024 - 27/11/2024**

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

**Location: Online via ZOOM**

**Tutor / Leader: Oliver Mc Auley**

**DESCRIPTION:** This course is designed for students who have an interest in history, especially numbers. We will begin by exploring Roman numerals and how they were used back then and are still in use today. We will then go on a voyage of discovery that you can count on! (Note: No knowledge of maths is required)

## Music

### **244THU27: Ukulele with the Choir**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Ron Harvey**

**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.

### **244THU28: Singing for Joy**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Silvana Di Battista**

**Tutor / Leader2: Ron Harvey**

**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

### **241MON18: Annual Labour Day Picnic at Hawkstowe Park**

**Type: 1 day**

**Dates: 11/03/2024 - 11/03/2024**

**Frequency: Annual activity, Mon 10:00 - 15:00**

**Location: Hawkstowe Park Gordons Road South Morang 3752**

**Tutor / Leader: Marion Gaylard**

**DESCRIPTION:** This is the Whittlesea U3A Annual Labour Day Picnic hosted by Marion. Starting at 10.00 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.

### **247SUN01: Discover Melbourne At A Slow Pace**

**Type: Long Course**

**Dates: 11/02/2024 - 10/11/2024**

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

**Location: Sth Morang Station McDonalds Rd, South Morang 3752**

**Tutor / Leader: Federica Bordin**

**Tutor / Leader2: Jodie Lang**

**LOCATION:** South Morang Station, McDonalds Rd South Morang 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.

**DESCRIPTION:** This is a slow moving activity also suitable for those who limited mobility as long as you can board all types of public transport. The walking done will be based on the group's ability and needs. 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

### **247SUN02: Exploring Melbourne's Gardens**

**Type: Long Course**

**Dates: 25/02/2024 - 24/11/2024**

**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.

**REQUIREMENTS:** 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.

**247SUN04: Summer Train Trips**

**Type: Long Course**

**Dates: 04/02/2024 - 01/12/2024**

**Frequency: 1st Sunday of the Month, Sun 9:00 - 0:00**

**Location: Sth Morang Station McDonalds Rd, South Morang 3752**

**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 in the months of February, March, April, May, October, November and December. 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

## Social Activities

### **242TUE20: Leprechaun Trivia Afternoon**

**Type: Long Course**

**Dates: 13/02/2024 - 26/11/2024 Frequency: 2nd & 4th Week of the month, Tue 13:00 - 15:00**

**Location: Brookwood Community Centre 25 Hazel Glen Drive Doreen 3754**

**Tutor / Leader: Patrick Muldoon**

**Fee: \$1.00 (paid to tutor) for tea, coffee and prizes.**

**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!

### **242TUE25: High Tea @ Whittlesea Bowls Club**

**Type: 1 day**

**Dates: 09/04/2024 - 09/04/2024**

**Frequency: 1 Day Course, Tue 12:45 - 15:00**

**Location: Whittlesea Bowls Club 101 Church Street Whittlesea 3757**

**Tutor / Leader: Natalie Lim**

**Fee: \$30.00**

**DESCRIPTION: THIS IS A MEMBERS ONLY EVENT.** Enjoy a delicious silver service high tea of hot pastries, sandwiches and small cakes with tea and coffee. Champagne and other drinks can be purchased separately at the venue. Once you have enrolled, the money, \$30, needs to be paid into the Whittlesea U3A account before your booking is confirmed. No bookings or payments can be accepted on the day. Refer to current WOTZON for menu. Unfortunately limited dietary variations available.

### **244THU02: Trivia Night**

**Type: Long Course**

**Dates: 01/02/2024 - 21/11/2024 Frequency: 1st,3rd & 5th Thursday of month, Thu 19:00 - 21:00**

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Kathy Lizio**

**Tutor / Leader2: Peter Rodaughan**

**Fee: \$1.00 (paid to tutor) for tea, coffee and prizes.**

**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 with your table.

**244THU29: Share a Meal**

**Type: Long Course**

**Dates: 22/02/2024 - 28/11/2024**

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

**Location: Senior Citizen 2b May Rd, Lalor 3075**

**Tutor / Leader: Cath Vindgini**

**Tutor / Leader2: Kathy Lizio**

**Fee: \$10.00 (paid to tutor) for meal cost/week**

**DESCRIPTION:** This activity is the opportunity for a group of people to share a pre-prepared meal of either pizza or pasta and salad (take away meal usually purchased from Costco and heated on the premises). ***The cost of the meal is \$10 and is payable to the tutor. Those who attend will need to provide their own drinks. Tea and coffee will be provided. Unfortunately food allergies or intolerances cannot be catered for as meals are pre set. Those who enrol will need to contact the tutor by the Tuesday prior to the activity to inform her of their attendance.***

**245FRI03: Coffee and Chat on Friday**

**Type: Long inc school hols**

**Dates: 12/01/2024 - 20/12/2024**

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

**Location: The Base Plenty Valley 400 McDonalds Road, South Morang 3752**

**Tutor / Leader: Anne Carbis**

**DESCRIPTION:** These sessions will be run throughout the year - including January. The Location is now called The Base, used to be Groove Train. Everyone is welcome, guy and girls. Come along to The Base on a Friday afternoon at 1.00pm. 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.

**245FRI10: Film Night**

**Type: Long Course**

**Dates: 23/02/2024 - 29/11/2024**

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

**Location: Readings Cinema Epping 71-583 High St, Epping 3076**

**Tutor / Leader: Gloria Mason**

**Fee: Cost of film paid to the cinema**

**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.

## Sport

### **241MON10: Social Exercise and Walking Football Mix**

**Type:** Long inc school hols

**Dates:** 05/02/2024 - 25/11/2024

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

**Location:** YMCA Leisure City 41-53 Miller Street Epping 3076

**Tutor / Leader:** LEAP

**Tutor / Leader2:** Natalie Lim

**Fee:** \$4.00/week (paid to the venue) for court hire

**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. When you arrive at Epping Leisure Centre please see the LEAP organiser Con as the listed tutor is just the facilitator.

**COST:** \$4/WEEK

### **242TUE13: Golf Tuesday**

**Type:** Long inc school hols

**Dates:** 16/01/2024 - 26/11/2024

**Frequency:** Weekly Course, Tue 8:30 - 15:00

**Location:** Growling Frog Golf Club 1910 Donnybrook Road, Yan Yean 3755

**Tutor / Leader:** Domenic Marino

**Fee:** Reduced golf course fees apply each week

**DESCRIPTION:** This is a LEAP program. Playing golf with friends, exercise and fun. Golf continues during school term breaks.

**COST:** \$15 for 9 holes \$25 for 18 holes

### **244THU09: Walking Football - Gentlemen**

**Type:** Long inc school hols

**Dates:** 11/01/2024 - 19/12/2024

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

**Location:** YMCA Leisure City 41-53 Miller Street Epping 3076

**Tutor / Leader:** Peter Petrou

**Tutor / Leader2:** Jimmy O'Neill

**Fee:** \$2.00/week (paid to venue – towards venue hire)

**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

**244THU10: Walking Football - Ladies**

**Type: Long inc school hols**

**Dates: 11/01/2024 - 19/12/2024**

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

**Location: YMCA Leisure City 41-53 Miller Street Epping 3076**

**Tutor / Leader: Marita Suing**

**Tutor / Leader2: Maria Veerasamy**

**Fee: \$2.00/week (paid to venue – towards venue hire)**

**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

**244THU12: Walking Netball**

**Type: Long Course**

**Dates: 01/02/2024 - 28/11/2024**

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

**Location: YMCA Leisure City 41-53 Miller Street Epping 3076**

**Tutor / Leader: Margaret Goodwin**

**Fee: \$2.00/week (paid to venue – towards venue hire)**

**DESCRIPTION:** Walking Netball is a modified version of the traditional game that is fully inclusive allowing anyone to participate regardless of their age, fitness level, ability or previous netball experience. As the name implies, Walking Netball is a slower version of netball performed at a walking pace. Walking Netball has a strong emphasis on getting people participating in an enjoyable, safe environment rather than focusing on the competitive aspect. **REQUIREMENTS:** Runner and comfortable exercise clothing

**244THU16: Tennis**

**Type: Long inc school hols**

**Dates: 01/02/2024 - 28/11/2024**

**Frequency: Weekly Course, Thu 9:00 - 10:30**

**Location: YMCA Leisure City 41-53 Miller Street Epping 3076**

**Tutor / Leader: Domenic Marino**

**Fee: \$2.00/week (paid to venue – towards venue hire)**

**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

**244THU20: Golf Thursday**

**Type: Long inc school hols**

**Dates: 18/01/2024 - 05/12/2024**

**Frequency: Weekly Course, Thu 8:30 - 15:00**

**Location: Growling Frog Golf Club 1910 Donnybrook Road, Yan Yean 3755**

**Tutor / Leader: LEAP**

**Tutor / Leader2: Natalie Lim**

**Fee: Reduced golf course fees apply each week**

**DESCRIPTION:** This is a LEAP program. Playing golf with friends, exercise and fun. Golf continues during school term breaks. The tutor listed is the facilitator of the program. When you get to the Growling Frog please find Con from LEAP who will help you with organisation **COST:** \$15 for 9 holes \$25 for 18 holes. Please contact the Course Coordinator if you enrol in this class for organisational information.

**245FRI07: Social Seniors Ten Pin Bowling**

**Type: Long inc school hols**

**Dates: 02/02/2024 - 29/11/2024**

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

**Location: OZ Ten Pin Bowling Centre 41-53 Miller Street Epping 3076**

**Tutor / Leader: LEAP**

**Tutor / Leader2: Natalie Lim**

**Fee: Reduced ten pin bowling fees apply each week**

**DESCRIPTION:** This joint Whittlesea U3a and LEAP program is a fun way to exercise, keep active and meet new friends. When you go to the bowling alley find Con from LEAP for information. Cost per person is \$8 for one game and \$16 per person for two games.

# Creative Writing Process

## **241MON17: E-Book Publishing**

**Type: Long Course**

**Dates: 05/02/2024 - 25/11/2024**

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

**Location: Whittlesea Community Activity 57-61 Laurel St, Whittlesea 3757**

**Tutor / Leader: Jan Marshall**

**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.

## **243WED08: Improving Your Writing Craft**

**Type: Long Course**

**Dates: 31/01/2024 - 27/11/2024**

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

**Location: Jindi Family and Community 48 Breadalbane Avenue, Mernda 3754**

**Tutor / Leader: Jan Marshall**

**DESCRIPTION:** 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.

## **243WED21: Creative Writing**

**Type: Long Course**

**Dates: 07/02/2024 - 27/11/2024**

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

**Location: Jindi Family and Community 48 Breadalbane Avenue, Mernda 3754**

**Tutor / Leader: Jan Marshall**

**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. You might also want to consider joining the Improving your Writing Craft class to further your writing style.