



Whittlesea U3A Inc

2024 Courses

27 July 2024

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Art Activities

243WED13: Drawing for Beginners

Type: Long Course

Dates: 31/01/2024 - 04/09/2024

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

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

Tutor / Leader: Jill Evans-

Fee: \$0.00

LOCATION: Peter Lalor Campus Robert St Lalor DESCRIPTION: Based in PLC this beginners drawing class will also draw elements in local venues e.g. Parks etc. Each participant will be taught the elements of drawing from still life to natural scenes. 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 Jardine

Tutor / Leader: Noelene

Fee: \$0.00

Tutor / Leader2: Beryl Clarke

LOCATION: Jindi Family and Community Centre 48 Breadalbane Avenue Mernda DESCRIPTION: There are a variety of mediums being used and all are encouraged and appreciated by all attending. Everyone will get equal support and encouragement. We suggest a project every couple of months. As our name indicates Art for Fun is just that; a time and place where FUN is the underlying factor; where all can relax and enjoy the company therein.

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

Tutor / Leader: Jan Marshall

Fee: \$0.00

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

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 Drive Mernda Tutor / Leader: **Michelle Pashalidis**

Fee: \$0.00

LOCATION: Mernda Senior Support Centre 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 **Tutor / Leader: Shoukry Sidrak**

Fee: \$0.00

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: The leader will provide hands on support to assist members overcome problems being experienced with the use of their devices. Support will also be provided for: social media such as Facebook, 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

242TUE02: Laptop Win 10 Advanced **Type: Long Course**

Dates: 30/01/2024 - 26/11/2024 **Frequency: Weekly Course, Tue 13:00 - 15:00**

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

Fee: \$0.00

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

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

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 **Tutor / Leader: Kevin Whelan**

Fee: \$0.00

LOCATION: Thomastown Library 2/52 Main Street Thomastown Plenty of parking. 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**

Fee: \$0.00

LOCATION: ONLINE DESCRIPTION: General digital literacy training focuses on topics like social media, applications, online interactivity and safety, communication, assistance, device daily management and help, with a focus on 'day-to-day' learning.

REQUIREMENTS: Participants are to have their own electronic device.

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**

Fee: \$0.00

LOCATION: ONLINE 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.

242TUE24: 3D Printing

Type: Long Course

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

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

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

Tutor / Leader: Tony Bajoras

Fee: \$0.00

LOCATION: Peter Lalor Campus, Robert Street Lalor 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 SH - 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

Fee: \$0.00

Tutor / Leader2: Gavin Trigg

LOCATION: ONLINE DESCRIPTION: Help each other to run through some of the iPhone/iPad features and learn to use them more efficiently. Starting from the very basics - in this iPhone/iPad class we take it nice and slow as we introduce you to the wonderful things your iPhone and iPad can do. We cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and so much more. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENT: Bring either or both your iPhone and iPad This class will run at the same time as the face to face class 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

Fee: \$0.00

Tutor / Leader2: Gavin Trigg

LOCATION: ONLINE DESCRIPTION: We try to run through some of the iPhone/iPad features and learn to use them more efficiently. Starting from the very basics - in this iPhone/iPad class we take it nice and slow as we introduce you to the wonderful things your iPhone and iPad can do. We cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and so much more. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENT: Bring either or both your iPhone and iPad This class will run at the same time as the face to face class 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

Tutor / Leader: Janice Boswell

Fee: \$0.00

Tutor / Leader2: Gavin Trigg

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: We try to run through some of the iPhone/iPad features and learn to use them more efficiently. Starting from the very basics - in this iPhone/iPad class we take it nice and slow as we introduce you to the wonderful things your iPhone and iPad can do. We cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and so much more. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENTS: Bring either or both your iPhone and iPad. This class will run at the same time as the online class 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

Tutor / Leader: Janice Boswell

Fee: \$0.00

Tutor / Leader2: Gavin Trigg

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: Help each other to run through some of the iPhone/iPad features and learn to use them more efficiently. Starting from the very basics - in this iPhone/iPad class we take it nice and slow as we introduce you to the wonderful things your iPhone and iPad can do. We cover the buttons, switches, the standard apps, how to buy other apps, some great tips, tricks and so much more. We also look at how your iPhone or iPad can scan and send documents, camera/video, maps, public transport timetables, banking, email, phone/ video calls, access to newspapers, books, libraries and so much more.

REQUIREMENTS: Bring along your iPhone or your iPad or both. This class will run at the same time as the online class 243WED01

244THU01: Windows 10 Computer Support

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

Tutor / Leader: Kathy Lizio

Fee: \$0.00

LOCATION: May Rd Campus Senior Citizens Building 2B May Rd Lalor DESCRIPTION: The course will offer support for Windows 10. Working together we solve problems and answer questions that will help to participants use their PC more effectively.

REQUIREMENTS: Laptop with WIN 10 & mouse notebook & pen USB 4 or 8 GB. Please make sure your computer has MICROSOFT OFFICE installed. Speak to the tutor if you are not sure what this means.

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

Tutor / Leader: Glen Wall

Fee: \$0.00

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 OBJECTIVES: * To increase the awareness of available technology and how to use it * To support access to information on line * To connect to others with common interests * To keep up to date on the upgrades in Windows based applications and facilities. DESCRIPTION: Participants in the class are encouraged to become involved in discussions about different computer topics such as: * Research on security issues * Developments in software and operating systems * Upgrades of different computer systems * Use of cloud storage systems * Developments of technological progress

REQUIREMENTS: Bring your own Laptop and notebook USB Stick & Pen.

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

Tutor / Leader: Peter Rodaughan

Fee: \$0.00

Tutor / Leader2: Kathy Lizio

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

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

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

Tutor / Leader: Freda Delia

Fee: \$0.00

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

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

241MON20: Handicrafts Workshop

Type: Long Course

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

Frequency: Weekly Course, Mon 9:30 - 12:00

Location: Community Activity Centre 70 Mernda Village Drive, Mernda

Tutor / Leader: Helen

Bourgazas

Fee: \$0.00

LOCATION: Mernda Village CAC Community Centre, 70 Mernda Village Drive, Mernda MEETING ROOM

DESCRIPTION: Bring along your handicrafts work to share skills and ideas whilst chatting and having fun.

241MON35: ARCARE Card Making Group for Beginners

Type: Short Course

Dates: 15/07/2024 - 18/11/2024

Frequency: Monthly, Mon 13:30 - 15:30

Location: ARCARE Aged Care 7 Civic Drive Epping

Tutor / Leader: Christine Czerny

Fee: \$0.00

Tutor / Leader2: Natalie Lim

LOCATION: ARCARE Aged Care Civic Manor, 7 Civic Drive Epping DESCRIPTION: This class is for members who want to make greeting cards. Cost \$5.00 as Tutor provides the design, die-cuts, patterns and templates. Two greeting cards are designed by leader for each 2 hour session and instructions are provided. Types of cards : Iris and various folding cards, layering papers, birthday, Christmas etc. You will be working with members of ARCARE residential facility in a brightly light room where new friends can be made. Afternoon tea is provided. Those participating will need to bring the following: Tool Kit - Cutting mat, Ruler with inches and cms, pencil, eraser, scissors and/or small sharp scissors, bone folder, craft knife, glue, spare paper, preferably A4 size, die release tool, tweezers, double sided & 3D tape paper Trimmer (optional), plastic container for rubbish, envelope or plastic sleeve for unfinished work. PLEASE NAME ALL PERSONAL ARTICLES

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

Tutor / Leader: Christina

Stamatopoulos

Fee: \$0.00

LOCATION: Private House in Mill Park Please contact office for details 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. THE CLASS WILL NOT BE HELD DURING TERM 3

REQUIREMENTS: Some tools may be needed. This will be discussed at the beginning of the session

242TUE29: Beveridge Craft Class **Type: Long Course**
Dates: 07/05/2024 - 19/11/2024 **Frequency: Weekly Course, Tue 14:00 - 15:00**
Location: Greater Beveridge Comm.Centre Cnr.Lithgow & Mandalay Crt. Beveridge Tutor / Leader: Kathryn Deal
Fee: \$0.00

LOCATION: Greater Beveridge Community Centre, Cnr Lithgow Street & Mandalay Circuit, Beveridge.
DESCRIPTION: This is a basic card making and craft class running weekly at Beveridge. It will include card making quilling, knitting, drawing and much more. Come and relax in a friendly and enjoyable environment whilst learning a new activity and meeting some of the locals. This is open to all Whittlesea U3A members.

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 Tutor / Leader: Diana Torcaso
Fee: \$0.00

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 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 Tutor / Leader: Joh Griffin
Fee: \$0.00

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

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 Tutor / Leader: Phu Phan
Fee: \$0.00 **Tutor / Leader2: Teresa Wong**

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: Origami is the art of paper cutting and folding. 3D Origami or Golden Venture Folding also known as Chinese Paper Folding is a type of modular origami. Models are made by folding hundreds of small triangles from different colours of paper and interlocking them together. Class is open for all members who are keen on this folding paper art and challenge their patience.
REQUIREMENTS: A4 sheets of paper 2 different colours eg: Black and white or colour of choice Small knife eg: Stanley knife or retractable blade knife scissors glue and cutting board (size of a bread board)

HISTORY OF 3D ORIGAMI: According to documents issued in 2006 In 1993 a group of 286 Chinese men and women tried to enter the US illegally on a large cargo ship known as Golden Venture. There were 10 people drowned in their escape attempt. When the survivors reached the US they were taken into custody by the Immigration and Naturalization Service (INS) and detained while they applied for the right of asylum. Many ended the year there with the processing of their cases. To help pass the time they began making elaborate paper sculptures for fundraising and to be given as gifts to the people who were working to help the refugees gain their freedom. The models created by the Golden Venture refugees were shown in a 2001 exhibit title 'Fly to Freedom' organized by the Museum of Chinese in New York City America.

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

Tutor / Leader: Phu Phan

Fee: \$0.00

Tutor / Leader2: Teresa Wong

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

245FRI02: Card Making-Instructional, Self Help

Type: Long Course

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

Frequency: Weekly Course, Fri 9:15 - 11:30

Location: Nick Ascenzo Community Centre 2 Boronia Avenue, Thomastown
Christine Czerny

Tutor / Leader:

Fee: \$0.00

Tutor / Leader2: Natalie Lim

LOCATION: Nick Ascenzo Community Centre 2 Boronia Avenue Thomastown DESCRIPTION: This class is for members who have experience in making cards. Cost \$5.00 as Tutor provides the design, die-cuts, patterns and templates. As the class is also Self Help you need to bring your own materials. NO NEED TO PAY \$5.00 if you do your own thing. Two greeting cards are designed by leader for each 2 hour session and instructions are provided. Types of cards : Iris and various folding cards, layering papers, birthday, Christmas etc.

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

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

Tutor / Leader: Federica Bordin

Fee: \$0.00

LOCATION: Peter Lalor Campus 34 Robert St opp. Ryder St Lalor 3075 DESCRIPTION: In this class we finish our unfinished projects (sewing quilting patchwork embroidery knitting crochet) and we have fun as well

Multicultural Activities and Information

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 Tutor / Leader: Dawood Sammour

Fee: \$0.00

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 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 **Tutor / Leader: Bev Moore**
Fee: \$0.00

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

242TUE19: Ballroom Social Dance **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 **Tutor / Leader: Phu Phan**
Fee: \$0.00

LOCATION: Riverside Community Centre, South Morang 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.

242TUE28: Beginners Line Dancing Beveridge **Type: Long Course**
Dates: 27/02/2024 - 26/11/2024 **Frequency: Weekly Course, Tue 13:00 - 14:00**
Location: Greater Beveridge Comm.Centre Cnr.Lithgow & Mandalay Crt. Beveridge **Tutor / Leader: Bev Moore**
Fee: \$0.00

LOCATION: GREATER BEVERIDGE COMMUNITY CENTRE. DESCRIPTION: This is a beginners line dancing class, our first in the township of Beveridge. 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.

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 **Tutor / Leader: Mia Jenkins**
Fee: \$0.00 **Tutor / Leader2: Lillian Madden**

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

REQUIREMENTS: Wear comfortable NON SLIPPERY shoes

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 **Tutor / Leader: Lillian Madden**
Fee: \$0.00 **Tutor / Leader2: Mia Jenkins**

LOCATION: Epping Memorial Hall, High Street Epping 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.

244THU13: Line Dancing BEGINNERS ONLY

Type: Long Course

Dates: 08/02/2024 - 05/12/2024

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

Location: Spring Street Hall 1 Spring Street Thomastown

Tutor / Leader: Cathy Gatt

Fee: \$0.00

Tutor / Leader2: Tita Kolonis

LOCATION: Spring Street Hall, 1 Spring Street Thomastown, 3074 DESCRIPTION: This line dancing program is for BEGINNERS ONLY. The tutors of the class will be teaching simple steps to the beginner line dancer and then applying them to simple dance moves. It is NOT a class for the experienced dancer as the steps taught will be at the BEGINNERS' LEVEL ONLY.

245FRI01: Advanced 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

Tutor / Leader: Mia Jenkins

Fee: \$0.00

Tutor / Leader2: Lillian Madden

LOCATION: Epping Activity Community Centre 378 Findon Rd Epping 3076 DESCRIPTION: This line dancing class is class for those with advanced dancing skills. Beginners will find this session difficult. It is aimed as a fun activity where you can extend your line dancing knowledge and have fun whilst exercising.

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 **Tutor / Leader: Joy Johnson**
Fee: \$0.00

LOCATION: Woolworths Entrance Westfield Plenty Valley DESCRIPTION: Please meet NEAR WOOLWORTHS unless otherwise informed by the tutor. Walking is for all abilities. These sessions, which run on a Monday, will run throughout the year except for the 1st Monday of the month due to monthly Morning Tea. We meet at the allocated venue at 9.10am and walk around the area for approximately one hour and return afterwards for Morning Tea. 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 52 Main Street, Thomastown **Tutor / Leader: Mary Leeds**
Fee: \$0.00

LOCATION: Thomastown Library, Main Road Thomastown 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 **Tutor / Leader: Ching Wong**
Fee: \$0.00

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

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

241MON25: Feel Well, Be Well **Type: Long Course**
Dates: 05/02/2024 - 25/11/2024 **Frequency: Weekly Course, Mon 9:15 - 10:00**
Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Pattie Nenadich**
Fee: \$0.00

LOCATION: THOMASTOWN library Main Road Thomastown 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 - 25/11/2024

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

Location: Thomastown Library 52 Main Street, Thomastown

Tutor / Leader: Helen Ang

Fee: \$0.00

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

242TUE09: Lalor Lazy Walking Group

Type: Long Course

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

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

Location: Lalor Library - Inside May Rd Lalor

Tutor / Leader: Cath Vindgini

Fee: \$0.00

LOCATION: Commencing from the front of Lalor Library, 2A May Road, Lalor DESCRIPTION: A gentle one hour walk through the leafy streets of Lalor followed by morning tea and a chat. It would be suitable for those with low fitness levels who would like the companionship of others.

REQUIREMENTS: Comfortable walking shoes bottle of water comfortable clothing according to weather

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

Tutor / Leader: Ann McGuire

Fee: \$0.00

LOCATION: Riverside Community Activity Centre 8 Doreen Rogen Way South Morang. DESCRIPTION: Walking aerobics is a cardio activity which makes your heart pump stronger and faster moving oxygen rich blood more efficiently to your muscles, organs and tissue throughout your body. Burning calories improves heart and lung functions, lowers the risk of heart disease, stroke and diabetes. It builds strong muscles and bones, improves brain function, and sharpens mental focus and memory. It also improves balance and coordination mood and lowers stress, boosts energy levels and improves sleep.

REQUIREMENTS: Comfortable walking shoes and clothing and a water bottle

242TUE23: Aqua Aerobics Mill Park

Type: Long Course

Dates: 30/01/2024 - 29/11/2024

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

Location: Mill Park Leisure Centre 33 Morang Dr, Mill Park Mill Park Leisure Centre Staff

Tutor / Leader: Mill Park

Fee: \$0.00

Tutor / Leader2: Natalie Lim

LOCATION: Mill Park Leisure Centre, 33 Morang Dr, Mill Park. 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 10:30 - 11:15**

Location: Community Activity Centre 70 Mernda Village Drive, Mernda **Tutor / Leader: Kumar Chandrakumar**

Fee: \$0.00 **Tutor / Leader2: Natalie Lim**

LOCATION: Mernda Village CAC Community Centre, 70 Mernda Village Drive, Mernda Main Hall 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 11:30 - 12:15**

Location: Community Activity Centre 70 Mernda Village Drive, Mernda **Tutor / Leader: Kumar Chandrakumar**

Fee: \$0.00 **Tutor / Leader2: Marion Gaylard**

LOCATION: Mernda Village CAC Community Centre, 70 Mernda Village Drive, Mernda Main Hall 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 **Tutor / Leader: Beth Pearce**

Fee: \$0.00

LOCATION: Norris Bank Reserve 135 McLeans Rd Bundoora DESCRIPTION: We commence walking at 9:30 am, walking, talking and socializing. We are having coffee after our walk NO WALKING WHEN IT IS RAINING

REQUIREMENTS: Casual clothing & comfortable walking shoes.

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 **Tutor / Leader: Jeanette Daisley**

Fee: \$0.00

LOCATION: Mernda Village Shopping Centre. 7a/57 Mernda Village Drive, Mernda DESCRIPTION: Meet outside Fergusons Cake Shop Mernda Shopping Centre. We walk approx. 1hr and after we go to Split Bean Cafe for a coffee and chat

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

243WED17: Body Weight and Strengthening Exe **Type: None**

Dates: 07/02/2024 - 27/11/2024 **Frequency: Weekly Course, Wed 9:15 - 10:00**

Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Pattie Nenadich**

Fee: \$0.00

LOCATION: THOMASTOWN LIBRARY COMMUNITY ROOMS 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.

243WED20: Exercises for Healthy Ageing

Type: Long Course

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

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

Location: Thomastown Library 52 Main Street, Thomastown

Tutor / Leader: Shirley Holwell

Fee: \$0.00

LOCATION: Thomastown Library Community Room 2/52 Main Street Thomastown DESCRIPTION: This class will only operate during term 1. Based on her experience on rehabilitation Physiotherapist Ida offers supervised exercises that are different and suitable for all levels of fitness in a happy and friendly group atmosphere.

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

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

Fee: \$0.00

LOCATION: Various locations DESCRIPTION: Distance of rides 25km and 35km. Speed: Leisurely/relaxed/moderate The rides are mainly on bike paths/trails/back streets BENEFITS: Cardio exercise improves health and wellbeing A social - fun outdoor activity. Riders either drive with their bikes in their car or ride their bikes to the starting point. Nobody gets left behind we all wait for each other. If we get separated we can be in contact by mobile phones. We also have a coffee stop as well. Contact Alan Fowler 0419 374 512

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

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

Fee: \$0.00

LOCATION: Starting points vary from week to week with various locations in Bundoora Epping and South Morang. DESCRIPTION: A bike ride of about 20 to 30 km at a leisurely pace mostly along safe off road bike paths with a half way rest/coffee/refreshment break. These rides are conducted by the Whittlesea Bicycle Users Group (BUG). Shirley's email is: shirley.louie@bigpond.com

Games

241MON03: Canasta / Samba Cards **Type: Long inc school hols**
Dates: 08/01/2024 - 16/12/2024 **Frequency: Weekly Course, Mon 13:00 - 16:00**
Location: Thomastown Library 52 Main Street, Thomastown **Tutor / Leader: Florence Majewski**
Fee: \$0.00

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

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 **Tutor / Leader: David Ross**
Fee: \$0.00

LOCATION: Laurimar Community Activity Centre, 110 Hazel Glen Drive Doreen DESCRIPTION: 500 or five hundred is now the national card game of Australia. Also called Bid Euchre (but not to be confused with another game of the same name) 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 Drive Mernda **Tutor / Leader: June Cheah**
Fee: \$0.00

LOCATION: Mernda Seniors Support Centre DESCRIPTION: Have a way with words, then you will love playing Scrabble with friends.

242TUE01: Billiards **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 **Tutor / Leader: Michele Patane**
Fee: \$0.00

LOCATION: May Road Campus, May Rd Lalor 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 **Tutor / Leader: Alby Griffin**
Fee: \$0.00

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

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

Tutor / Leader: Michele Patane

Fee: \$0.00

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

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

Tutor / Leader: Tyrone Dark

Fee: \$0.00

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 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

Tutor / Leader: Margaret Healy

Fee: \$0.00

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

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

Tutor / Leader: Michele Patane

Fee: \$0.00

LOCATION: May Road Campus, May Rd Lalor 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

Tutor / Leader: Michele Patane

Fee: \$0.00

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

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

Tutor / Leader: Michael Perri

Fee: \$0.00

Tutor / Leader2: Mary Leeds

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

Gardening Skills and Ideas

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 **Tutor / Leader: Alex Shepherd**

Fee: \$0.00

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

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

Fee: \$0.00

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

Health and Well Being

241MON06: Tai Chi Class 1

Type: Long Course

Dates: 12/02/2024 - 18/11/2024

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

Location: Spring Street Hall 1 Spring Street Thomastown

Tutor / Leader: Phu Phan

Fee: \$0.00

Tutor / Leader2: Teresa Wong

LOCATION: Spring Street Hall Thomastown 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 - 18/11/2024

Frequency: Weekly Course, Mon 10:00 - 11:00

Location: Spring Street Hall 1 Spring Street Thomastown

Tutor / Leader: Phu Phan

Fee: \$0.00

Tutor / Leader2: Teresa Wong

LOCATION: Spring Street Hall Thomastown 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: 03/06/2024 - 18/11/2024

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

Location: Spring Street Hall 1 Spring Street Thomastown

Tutor / Leader: Phu Phan

Fee: \$0.00

Tutor / Leader2: Teresa Wong

LOCATION: Spring Street Hall Thomastown 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: - Taichi Sword Yang 32 form - Taichi Sword 42 Form (competition form) The Health Benefits include: reducing stress and anxiety; provide headache relief; improve balance and stability; reduce bone loss and fractures; help with the relief of Osteoarthritis due to ageing; improve blood pressure and heart health.

REQUIREMENTS: Comfortable clothing, shoes and buckets load of patience. GENERAL INFORMATION: Members need to apply for the Sword Exemption Card in Victoria for the use and carriage of the sword for the purpose of studying and participating in Sword Taichi. This can be applied through Wushu Taichi & Qigong Australia Inc. Tutor will guide members on how to apply.

241MON09: Yang Sheng Zhang Taichi Stick

Type: Long Course

Dates: 03/06/2024 - 18/11/2024

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

Location: Spring Street Hall 1 Spring Street Thomastown

Tutor / Leader: Phu Phan

Fee: \$0.00

Tutor / Leader2: Teresa Wong

LOCATION: Spring Street Hall Thomastown 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.

241MON29: Finding Medical Records Online

Type: Long Course

Dates: 29/04/2024 - 29/07/2024

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

Location: Mernda Social Support Centre 70 Mernda Village Drive Mernda Tutor / Leader: Northern Health

Fee: \$0.00

Tutor / Leader2: Glen Wall

LOCATION: Mernda Seniors Support Centre 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. THIS ACTIVITY IS ONLY ON THE 29TH APRIL AND 29TH JULY.

242TUE05: Tai Chi Intermediate Level

Type: Long Course

Dates: 16/04/2024 - 26/11/2024

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

Location: Riverside C C 8 Doreen Rogan Way South Morang Tutor / Leader: Christine Teh

Fee: \$0.00

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

244THU17: Wu Tao Dance and Beginners Tai Chi

Type: Long Course

Dates: 08/02/2024 - 21/11/2024

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

Location: Riverside C C 8 Doreen Rogan Way South Morang Tutor / Leader: Maria Veerasamy

Fee: \$0.00

LOCATION: Riverside Community Main Room Doreen Rogan Way South Morang. DESCRIPTION: Wu Tao is a dance meditation practice done to music that balances and harmonises Qi (the life force energy) in the body. Wu Tao is a gentle and effective form of exercise for people with movement restrictions or other physical challenges. 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 Tutor / Leader: Teresa Wong

Fee: \$0.00

LOCATION: Thomastown Library Community Room 1/2 52 Main Street Thomastown CRITERIA: Patience with oneself to learn in a warm and encouraging environment DESCRIPTION: This class is not on 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 Drive Mernda **Tutor / Leader: Ann Bellofiore**
Fee: \$0.00

LOCATION: Mernda Social Support Centre, 70 Mernda Village Drive Mernda 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**
Fee: \$0.00

LOCATION: ONLINE 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 Rogan Way South Morang **Tutor / Leader: Christine Teh**
Fee: \$0.00

LOCATION: Riverside Community Centre Main Room 8 Doreen Rogan Way South Morang 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 Drive Mernda **Tutor / Leader: DPV Health**
Fee: \$0.00 **Tutor / Leader2: Glen Wall**

LOCATION: Mernda Social Support Centre, 70 Mernda Village Drive Mernda DESCRIPTION: This program, delivered monthly on the first 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 Drive Mernda **Tutor / Leader: DPV Health**
Fee: \$0.00 **Tutor / Leader2: Glen Wall**

LOCATION: Mernda Social Support Centre, 70 Mernda Village Drive Mernda 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 Drive Mernda Health

Tutor / Leader: DPV

Fee: \$0.00

Tutor / Leader2: Glen Wall

LOCATION: Mernda Social Support Centre, 70 Mernda Village Drive Mernda 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 Drive Mernda Health

Tutor / Leader: DPV

Fee: \$0.00

Tutor / Leader2: Glen Wall

LOCATION: Mernda Social Support Centre, 70 Mernda Village Drive Mernda 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, WellBeing 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

Fee: \$0.00

LOCATION: ONLINE 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

243WED25: ARCARE Family History Program

Type: Short Course

Dates: 17/07/2024 - 20/11/2024

Frequency: Fortnightly, Wed 15:00 - 16:00

Location: ARCARE Aged Care 7 Civic Drive Epping

Tutor / Leader: Marion Gaylard

Fee: \$0.00

LOCATION: ARCARE Aged Care Civic Manor, 7 Civic Drive Epping 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. You will be working with members of ARCARE residential facility in a brightly light room where new friends can be made. Afternoon tea is provided.

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

Tutor / Leader: Anne Heafield

Fee: \$0.00

Tutor / Leader2: Elaine Moore

LOCATION: Mill Park Library Plenty Road Mill Park. DESCRIPTION: Group meets every 4th Thursday of the month. We work at our own pace using the internet based tools at Mill Park library that will best suit our research needs. The library provides on site versions of ancestry.com finding mypast.com and numerous other databases without cost to the members.

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

Tutor / Leader: Marion Gaylard

Fee: \$0.00

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

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

Tutor / Leader: Elaine Moore

Fee: \$0.00

Tutor / Leader2: Anne Heafield

LOCATION: Mill Park Library 394 Plenty Rd Mill Park DESCRIPTION: Group meets on 1st 3rd & 5th Thursday of the month. The family history class is designed to facilitate class members in researching their family history and ancestors. We all work together to use the Internet based tools at Mill Park library that will best suit our research needs. The library provides on site versions of ancestry.com finding mypast.com and numerous other databases without cost to the members.

Various Interests

241MON28: Speakers' Discussion Group **Type: Long Course**

Dates: 12/02/2024 - 28/11/2024 **Frequency: 1st 2nd 3rd 4th Monday, Mon 13:30 - 15:00**

Location: Mernda Social Support Centre 70 Mernda Village Drive Mernda **Tutor / Leader: Glen Wall**

Fee: \$0.00

LOCATION: Mernda Senior Support Centre DESCRIPTION: This activity explores a number of interesting subjects from history, geography, health, and community engagement. Each week there will be a new speaker focussing 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**

Fee: \$0.00

LOCATION: Glenroy Community Hub, Glenroy DESCRIPTION: This activity given participants the opportunity to record their family experience in digital format

243WED24: Quarry Hills Senior Stewards Program **Type: Long inc school hols**

Dates: 12/06/2024 - 13/11/2024 **Frequency: Fortnightly, Wed 9:30 - 12:30**

Location: Quarry Hills Quarry Hills Drive and Palisades Blvd South Morang **Tutor / Leader:**
BioDiversity Group

Fee: \$0.00 **Tutor / Leader2: Glen Wall**

LOCATION: Meeting Point: Near the corner of Palisades Blvd and Quarry Hill Drive. Park along Palisades Blvd. Public Transportation also available: 383 Bus stops at Quarry Hill Dr/Meridian Dr, very close to our meeting spot. DESCRIPTION: What you will be doing: Visit existing wetland project; Visit new wetland site; Photograph/iNaturalist use; Identification of species; Hand Weeding; and Litter Collecting. Please bring with you/wear: Water Bottle; Long Sleeved Shirt and Long Pants (to protect against scratches); Gaters (optional); Comfortable walking shoes with closed toes; and Notepad and Pen, for sketching ideas and taking notes (optional) You can download the iNaturalist App to your phone or tablet prior to the day, if you would like to use this to help identify species and collect data. The links for this download are: Android Phone: https://play.google.com/store/apps/details?id=org.inaturalist.android&hl=en_AU&pli=1 Apple Phone: <https://apps.apple.com/au/app/inaturalist/id421397028>

Study of Foreign Languages

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 **Tutor / Leader: Oscar Altavilla**

Fee: \$0.00

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 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: Lalor Library - Inside May Rd Lalor

Tutor / Leader: Christiane Gemayel

Fee: \$0.00

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

PREREQUISITE: Able to speak French to some degree

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

Tutor / Leader: Polly Wong

Fee: \$0.00

LOCATION: Mill Park Library 394 Plenty Rd Mill Park AIM: To improve pronunciation and sentence construction.

DESCRIPTION: Pinyin knowledge will be introduced. Participants are encouraged to participate in oral conversation. Some basic knowledge of Chinese language is essential.

REQUIREMENTS: Pen/Pencil Notebook

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

Fee: \$0.00

LOCATION: ONLINE 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

Tutor / Leader: Ron Harvey

Fee: \$0.00

LOCATION: May Rd Campus Senior Citizens Centre Meeting Room 2b May Rd Lalor DESCRIPTION: The class is suitable for total beginners & /or experienced players. The purpose is to learn and practise basic Ukulele playing. Also as a part of the Choir's Ukulele group to accompany the choir in some songs.

ADDITIONAL COMMENTS AND PREREQUISITE: This class is run concurrently with the Singing for Joy class and so participants must enrol and participate in that class too. The class format is to sing with the choir for 50 minutes a 10 minute break 40 minutes of dedicated ukulele lessons and practice followed by 20 minutes of playing along with the choir. PURCHASING A UKULELE You will need a ukulele for the class but if you do not have one do not purchase one before starting the class. Come along and see what others have and get advice. New ukuleles can be purchased for under \$35 which may or may not be suitable for you. We have 1 or 2 spare ukuleles that can be borrowed for the first few classes.

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

Tutor / Leader: Silvana Di Battista

Fee: \$0.00

Tutor / Leader2: Ron Harvey

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

Outdoor

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

Tutor / Leader: Federica Bordin

Fee: \$0.00

Tutor / Leader2: Jodie Lang

LOCATION: South Morang Station, McDonalds Rd South Morang DESCRIPTION: 2nd Sunday of the Month TRAVELLING IN LAST CARRIAGE on Mernda Line train. Can get on at other stations or join at Clifton Hill station from Hurstbridge Line. 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 NO TRIP IN APRIL

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

Fee: \$0.00

LOCATION: We meet at South Morang Station at 9.00am to catch the next train on the 4th Sunday of the Month. TRAVELLING IN LAST CARRIAGE. Can get on at other stations. AIMS: Knowledge of gardens history, style & importance and enjoy a day outdoors COST: Some Gardens may Charge Entry Fee DESCRIPTION: Visiting important gardens around Melbourne usually arriving home after 4.00 p.m. Sometimes tram or bus journeys might be needed. Walk leisurely around the Gardens stop for discussions take photos The group will stop for lunch or coffee. Below are some of the Gardens to visit. They were especially selected for easy access: * Royal Botanic Gardens * Maranoa Gardens Balwyn * Carlton Gardens * Fitzroy Gardens * Treasury Gardens * St Kilda Botanical Gardens * Rippon Lee Estate * Canterbury Gardens.

NO SPECIAL SKILLS OR KNOWLEDGE REQUIRED JUST LOVE THE GARDENS AND THE OUTDOORS REQUIREMENTS: A fair amount of walking is expected so a good level of fitness is necessary. Casual clothing & sturdy shoes water bottle hat (for warm weather)appropriate Clothing for weather Camera BYO Lunch or you can Buy Lunch. Bring the U3A membership lanyards and your MYKI/ Pension Cards. Sunday is free travel for Seniors but you still require your MYKI card.

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

Tutor / Leader: Marion Gaylard

Fee: \$0.00

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 **Tutor / Leader: Patrick Muldoon**

Fee: \$0.00

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

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 **Tutor / Leader: Kathy Lizio**

Fee: \$0.00 **Tutor / Leader2: Peter Rodaughan**

LOCATION: May Rd Campus Senior Citizens Club 2b May Road Lalor DESCRIPTION: We meet the 1st 3rd & 5th Thursday of the month. This is a night of fun and laughter where teams of 6 people answer questions in a friendly environment. Make up your teams so friends can work together. COST: Cost of the night \$1.00. Bring a small plate of food to share with your table.

244THU29: Share a Meal **Type: Long Course**

Dates: 28/03/2024 - 28/11/2024 **Frequency: 4th Thursday of Month, Thu 18:00 - 20:00**

Location: Senior Citizen 2b May Rd, Lalor **Tutor / Leader: Cath Vindgini**

Fee: \$0.00 **Tutor / Leader2: Kathy Lizio**

LOCATION: May Road Campus DESCRIPTION: This activity is the opportunity for a group of people to share a pre-prepared meal of either pizza or pasta and salad. 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 **Tutor / Leader: Anne Carbis**

Fee: \$0.00

LOCATION: The Base, Plenty Valley Shopping Centre South Morang~ Back room 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 **Tutor / Leader: Gloria Mason**

Fee: \$0.00

LOCATION: Readings Cinema Epping Plaza Cooper Street Epping DESCRIPTION: Members join together on the last Friday of each month to see a movie of your choice. Share a light meal prior or a coffee and a chat afterwards. Meet in Food Court near Cinemas around 5.30pm.

245FRI24: Film Night - South Morang

Type: Long inc school hols

Dates: 12/04/2024 - 13/12/2024

Frequency: 2nd Friday of the Month, Fri 17:30 - 0:00

Location: Village Cinema South Morang Westfield Shopping Centre South Morang Tutor / Leader: Natalie Lim

Fee: \$0.00

LOCATION: Village Cinema, Westfield Shopping Centre, South Morang. DESCRIPTION: Members meet together on the second Friday of each month to see a movie of your choice. Meet near Village cinema entrance (outside near escalator) at 5.30pm. We can have a light meal at one of the many restaurants in the area. ACTIVITY IS NOT ON IN MAY

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: Mill Park Basketball Stadium Redleap Ave Stables Shopping C. Mill **Tutor / Leader: City of Whittlesea**

Fee: \$0.00

LOCATION: MILL PARK BASKETBALL STADIUM, Stables Shopping Centre Mill Park DESCRIPTION: This is a LEAP program run by City of Whittlesea's Council Positive Ageing team. 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 Mill Park Basketball Stadium please see the Positive Ageing Officer Con as the facilitator. COST: \$4/WEEK MEMBERS WHO JOIN THIS CLASS WILL NEED TO BECOME A LEAP MEMBER – ENROLMENT FORMS AVAILABLE ONLINE <https://www.whittlesea.vic.gov.au/media/fmjniphl/leap-membership-form-feb-2023.pdf> Booking Link: <https://www.trybooking.com/events/landing/1163399>

242TUE07: Table Tennis - May Rd **Type: Long Course**

Dates: 30/01/2024 - 26/11/2024 **Frequency: Weekly Course, Tue 13:00 - 15:00**

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

Fee: \$0.00

LOCATION: May Rd Campus Seniors Citizens Club 2b May Road Lalor Mel 8 K6 DESCRIPTION: It's a great class lots of fun and laughter. We play as many games as we like or if we need a break between games we can sit and chat. Very lay back, beginners most welcome. While the activity is set for 3 hours, come along and stay as long or short as you wish. Heaps of fun, play laughter and the occasional exercise. Afternoon tea is not provided, but feel free to BYO or something to share with the group.

REQUIREMENTS: Casual clothing & comfortable walking shoes

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 **Tutor / Leader: City of Whittlesea**

Fee: \$0.00 **Tutor / Leader2: Domenic Marino**

LOCATION: Growling Frog Golf Course 1910 Donnybrook Road Yan Yean DESCRIPTION: This is a LEAP program run by City of Whittlesea's Council Positive Ageing team. Playing golf with friends, exercise and fun. Golf continues during school term breaks. COST: \$15 for 9 holes \$25 for 18 holes MEMBERS WHO JOIN THIS CLASS WILL NEED TO BECOME A LEAP MEMBER – ENROLMENT FORMS AVAILABLE ONLINE - <https://www.whittlesea.vic.gov.au/media/fmjniphl/leap-membership-form-feb-2023.pdf> Booking link: <https://www.trybooking.com/events/landing/1163575>

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 **Tutor / Leader: Peter Petrou**

Fee: \$0.00 **Tutor / Leader2: Jimmy O'Neill**

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

COST \$2/week - towards venue hire

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

Tutor / Leader: Marita Suing

Fee: \$0.00

Tutor / Leader2: Maria Veerasamy

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

COST \$2/week - towards venue hire

244THU16: Tennis

Type: Long inc school hols

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

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

Location: YMCA Leisure City 41-53 Miller Street Epping

Tutor / Leader: Domenic Marino

Fee: \$0.00

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

REQUIREMENTS: Tennis racket; 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
Whittlesea**

Tutor / Leader: City of

Fee: \$0.00

LOCATION: Growling Frog Golf Course 1910 Donnybrook Road Yan Yean DESCRIPTION: This is a LEAP program run by City of Whittlesea's Council Positive Ageing team. Playing golf with friends, exercise and fun. Golf continues during school term breaks. COST: \$15 for 9 holes \$25 for 18 holes MEMBERS WHO JOIN THIS CLASS WILL NEED TO BECOME A LEAP MEMBER –ENROLMENT FORMS AVAILABLE ONLINE -

<https://www.whittlesea.vic.gov.au/media/fmjiniph/leap-membership-form-feb-2023.pdf> Booking Link:

<https://www.trybooking.com/events/landing/1163589>

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 Tutor / Leader: Jan Marshall

Fee: \$0.00

LOCATION: Whittlesea Community Activity Centre , 57-61 Laurel Street Whittlesea DESCRIPTION: Want to publish on the Web? Do you have blogs, short stories, poems, books, family history and want all the world to see? This class covers the technicalities of building web pages, publishing books or other information on the web and how to promote yourself as an author/writer.

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 Tutor / Leader: Jan Marshall

Fee: \$0.00

LOCATION: Jindi Family & Community Centre 48 Breadalbane Avenue Mernda 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 Tutor / Leader: Jan Marshall

Fee: \$0.00

LOCATION: Jindi Family & Community Centre 48 Breadalbane Avenue Mernda DESCRIPTION: Have you ever wanted to write your own piece? A novel non-fiction work memoir biography speech podcast journal or blog. No matter what writing level you are at this group will provide you with the tools to do so. It will give you the opportunity, if you wish to share your writing progress with others in the group. We also have a variety of enjoyable writing exercises and general discussions. You might also want to consider joining the Improving your Writing Craft class to further your writing style.
