



Whittlesea U3A Inc

2025 Courses

30 November 2024

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General Membership Activities

250BEV01: General Membership Activities Beveridge

Dates: 06/01/2025 - 31/12/2025

Location: None

Fee: \$0.00

This allows a member from Beveridge to join social activities. Only administrators can select this activity It needs to be selected in connection to actual classes

Type: None

Frequency: None, Mon 0:00 - 0:00

Tutor / Leader: None

250GEN01: General Membership Activities

Dates: 06/01/2025 - 31/12/2025

Location: None

Fee: \$0.00

This allows a member to join all social activities that do not require a separate enrolment. Some members may select this activity to become a member without enrolling in other courses or activities.

Type: None

Frequency: None, Mon 0:00 - 0:00

Tutor / Leader: None

Art Activities

253WED11: Drawing

Type: Long Course

Dates: 05/02/2025 - 26/11/2025

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

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

Tutor / Leader: Jill Evans-Bromley

Fee: \$0.00

LOCATION: Peter Lalor Campus Robert St Lalor DESCRIPTION: Based in PLC this drawing class will explore a range of drawing techniques. Each participant will be encouraged to develop an individual approach to various tasks and themes. Some landscape drawing in different locations will be included. REQUIREMENT: A3 sketch book; lead pencils - 2B, HB, 4B, eraser and sharpener. Love of drawing and a basic understanding of Art Elements: Line, Tone, Texture and Form.

Love of drawing

254THU08: Art For Fun

Type: Long Course

Dates: 06/02/2025 - 27/11/2025

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

Location: Jindi Family and Community 48 Breadalbane Avenue, Mernda

Tutor / Leader: Noelene Jardine

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 weeks. 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

253WED20: Book Discussion

Type: Long inc school hols

Dates: 19/02/2025 - 19/11/2025

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

Location: Mill Park Library 394 Plenty Rd, Mill Park

Tutor / Leader: Lee Meredith

Fee: \$0.00

Tutor / Leader2: Mary Renshaw

LOCATION: Mernda Senior Support Centre DESCRIPTION: The group meets on the third Wednesday of the month. We read and review a book supplied by the library. We may not all like every one, but we are encouraged to explore new authors and titles. We then enjoy afternoon tea and a chat.

254THU13: Mernda Book Club - Thursday

Type: Long inc school hols

Dates: 13/02/2025 - 13/11/2025

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.

254THU26: Book Discussion Mill Park Library

Type: Long Course

Dates: 06/02/2025 - 06/11/2025

Frequency: 1st Thursday of Month, Thu 13:00 - 14:00

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.

Computers and General Technology

252TUE02: Laptop Win 10 Advanced

Type: Long Course

Dates: 04/02/2025 - 25/11/2025

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.

252TUE11: Basic Robotics & 3D Printing

Type: Long Course

Dates: 18/02/2025 - 25/11/2025

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: This class combines both 3D printing and the creation and use of Microcontrollers which are very small (credit card size) semi-computers which can be programmed to accept signals from sensors and respond by controlling motors, lights etc and are ideal for making basic automated cars or robots. An example of what is possible is given at (copy the URL into your web browser for information): <https://melbourne-rpi.com.au/wp-content/uploads/2024/02/Getting-Into-Robotics-Electronics-Was-Never-This-Easy.pdf> Microcontroller boards are not expensive with the Arduino types being only \$5 to \$10. The combined course could cover electronics (wiring and assembly of components), programming of the microcontroller and 3D printing of any required components.

252TUE12: Computer, Android, Social Media Support

Type: Long Course

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 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

252TUE16: Digital Literacy Training ONLINE

Type: Long Course

Dates: 04/02/2025 - 25/11/2025

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.

252TUE18: Photography iPhone Android **Type: Short Course**
Dates: 13/05/2025 - 16/09/2025 **Frequency: Fortnightly, Tue 10:00 - 11:30**
Location: Sherwin Rise Retirement Villag 40 Chetwynd Grove Wollert
Tutor / Leader: Lincoln Emsley
Fee: \$0.00

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

252TUE20: Laptop Windows 10 / 11 **Type: Long Course**
Dates: 04/02/2025 - 25/11/2025 **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. The class will also work through Transition from Windows 10 to Windows 11.

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

253WED08: Apple iPhone & iPad **Type: Long Course**
Dates: 05/02/2025 - 26/11/2025 **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

253WED09: Apple iPhone & iPad Self Help **Type: Long Course**
Dates: 05/02/2025 - 26/11/2025 **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. THIS SELF HELP GROUP IS ONLY AVAILABLE FACE-TO-FACE

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

253WED12: Apple iPhone & iPad - ONLINE

Type: ONLINE Long

Dates: 05/02/2025 - 26/11/2025

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

253WED19: Android Tablet Basic

Type: Long Course

Dates: 05/02/2025 - 26/11/2025

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

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

Tutor / Leader: Peter Cleary

Fee: \$0.00

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 DESCRIPTION: Learn how to use your Android tablet (this is not suitable for an iPad). This class focusses on how you can use your tablet to take and store photos, how to download apps and generally how to use the basic functions of the first time and not too experienced user.

REQUIREMENTS: Bring your Android tablet

254THU01: Windows 10 Computer Support

Type: Long Course

Dates: 06/02/2025 - 27/11/2025

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.

254THU18: Technology and Computers for Seniors

Type: Long Course

Dates: 06/02/2025 - 27/11/2025

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.

254THU29: Laptop Apple MacBook

Type: Short Course

Dates: 06/02/2025 - 03/04/2025

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

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

Fee: \$0.00

LOCATION: Peter Lalor Campus 34 Robert St Lalor 3075 Room 3 DESCRIPTION: Apple Laptop computers only - This is a beginners class. Topics covered will include - Finder - Use Email - File management - Internet browsing - Staying safe online - Backups - MacOS updates. Students are encouraged to bring computer issues they may be having and share with the class. REQUIREMENTS: Apple Mac Laptop with notebook & pen and all relevant Apple passwords.

255FRI08: Tech Support Mernda

Type: Long Course

Dates: 07/02/2025 - 28/11/2025

Frequency: Fortnightly, Fri 9:30 - 10:30

Location: Mernda Social Support Centre 70 Mernda Village Drive Mernda

Tutor / Leader: Glen Wall

Fee: \$0.00

LOCATION: Mernda Senior Support Centre, Mernda DESCRIPTION: Need support to understand how to use your smartphone, tablet or iPad well this is an excellent activity for you. These weekly sessions are not a class but rather the opportunity for you to discuss with the leader any problems that you might have using your everyday technology. Most sessions are one to one but groups may also be developed if the problem is shared by more. If you enrol you do not need to attend every week just when you have a question or a problem that needs solving.

255FRI13: Computers Level 1

Type: Long Course

Dates: 07/02/2025 - 28/11/2025

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

251MON08: Handicrafts Workshop **Type: Long Course**

Dates: 03/02/2025 - 24/11/2025 **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.

251MON12: Crochet **Type: Long Course**

Dates: 03/02/2025 - 24/11/2025 **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

252TUE19: Jewellery Making **Type: Long Course**

Dates: 04/02/2025 - 25/11/2025 **Frequency: Fortnightly, Tue 9:30 - 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

252TUE23: Beveridge Craft Class **Type: Long Course**

Dates: 04/02/2025 - 25/11/2025 **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.

253WED04: Hand Sewing for Unfinished Projects **Type: Long Course**

Dates: 05/02/2025 - 26/11/2025 **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

253WED10: Knitters Group **Type: Long Course**

Dates: 05/02/2025 - 26/11/2025 **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: Gwen Thomas**

Fee: \$0.00 **Tutor / Leader2: Jodie Lang**

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.

254THU19: Origami 3D (Golden Ventures folding) **Type: Long Course**

Dates: 06/02/2025 - 27/11/2025 **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.

254THU20: Paper Quilling Arts **Type: Long Course**

Dates: 06/02/2025 - 27/11/2025 **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.

255FRI02: Card Making-Instructional, Self Help **Type: Long Course**

Dates: 07/02/2025 - 28/11/2025 **Frequency: Weekly Course, Fri 9:15 - 11:30**

Location: Nick Ascenzo Community Centre 2 Boronia Avenue, Thomastown

Tutor / Leader: Christine Czerny

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

255FRI09: Busy Hands Circle

Type: Long Course

Dates: 07/02/2025 - 28/11/2025

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

255FRI10: Middle Eastern Cultural Awareness

Type: Long Course

Dates: 07/02/2025 - 19/12/2025

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

251MON01: Improve your Line Dancing Whittlesea **Type: Long Course**
Dates: 03/02/2025 - 10/12/2025 **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 an intermediate line dancing class, especially for those who started with Bev last year. She will continue teaching more complex steps as well as revising the basic ones..

251MON09: Line Dancing Advanced **Type: Long Course**
Dates: 03/02/2025 - 08/12/2025 **Frequency: Weekly Course, Mon 13:30 - 14:30**
Location: Nick Ascenzo Community Centre 2 Boronia Avenue, Thomastown
Tutor / Leader: Tita Kolonis
Fee: \$0.00 **Tutor / Leader2: Cathy Gatt**

LOCATION: Nick Ascenzo 2 Boronia Street Thomastown 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.

252TUE24: Beginners Line Dancing Beveridge **Type: Long Course**
Dates: 04/02/2025 - 25/11/2025 **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.

253WED01: Line Dancing for Various Levels **Type: Long Course**
Dates: 05/02/2025 - 10/12/2025 **Frequency: Weekly Course, Wed 10:30 - 12:30**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Mia Jenkins**
Fee: \$0.00

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

253WED02: Beginners Line Dancing Wednesday **Type: Long Course**
Dates: 05/02/2025 - 03/12/2025 **Frequency: Weekly Course, Wed 9:15 - 10:00**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Mia Jenkins**
Fee: \$0.00

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.

253WED07: Beginners Line Dancing Whittlesea **Type: Long Course**
Dates: 05/02/2025 - 03/12/2025 **Frequency: Weekly Course, Wed 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. 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.

254THU05: Line Dancing BEGINNERS LALOR **Type: Long Course**
Dates: 13/02/2025 - 27/11/2025 **Frequency: Weekly Course, Thu 9:45 - 10:45**
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.

255FRI01: Advanced Line Dancing for Fun **Type: Long Course**
Dates: 07/02/2025 - 12/12/2025 **Frequency: Weekly Course, Fri 10:00 - 12:00**
Location: Epping Activity Community Cent 378 Findon Rd Epping **Tutor / Leader: Mia Jenkins**
Fee: \$0.00

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.

255FRI03: Line Dancing for Exe. Beginners **Type: Long Course**
Dates: 07/02/2025 - 12/12/2025 **Frequency: Weekly Course, Fri 9:45 - 10:15**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Cathy Gatt**
Fee: \$0.00 **Tutor / Leader2: Tita Kolonis**

LOCATION: Epping Memorial Hall, 827 High St. Epping DESCRIPTION: This is a class which combines line dancing techniques with exercise. This is a BEGINNERS CLASS AND NO NEW DANCES WILL BE TAUGHT. It will consist mostly of revision of line dances already taught.

REQUIREMENTS: Wear Comfortable non slippery shoes

255FRI04: Line Dancing for Exercise 2 **Type: Long Course**
Dates: 07/02/2025 - 12/12/2025 **Frequency: Weekly Course, Fri 10:30 - 11:30**
Location: Epping Memorial Hall 827 High St Epping **Tutor / Leader: Cathy Gatt**
Fee: \$0.00 **Tutor / Leader2: Tita Kolonis**

LOCATION: Epping Memorial Hall, 827 High St. Epping DESCRIPTION: This is a class which combines line dancing techniques with exercise. This Line Dancing will consist of teaching both beginners and intermediate new dances as well as revision. It will be suitable for all levels.

REQUIREMENTS: Wear Comfortable non slippery shoes

Exercise

251MON16: Walk and Talk **Type: Long inc school hols**
Dates: 03/02/2025 - 24/11/2025 **Frequency: Weekly Course, Mon 9:15 - 10:15**
Location: Plenty Valley Westfield 415 McDonalds Rd South Morang **Tutor / Leader: Anne Carbis**
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.

251MON18: The Cross Country Walkers **Type: Long inc school hols**
Dates: 24/02/2025 - 24/11/2025 **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.

251MON20: Exercise For Fitness **Type: Long Course**
Dates: 03/02/2025 - 24/11/2025 **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 CLASS WILL NOT BE HELD FROM MID JUNE TO MID JULY. This is a gentle exercise class to develop strength. The focus is total 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, medium sized rubber ball for resistance training, bottle of water and elastic stretch bands

251MON21: Feel Well, Be Well **Type: Long Course**
Dates: 10/02/2025 - 24/11/2025 **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.

251MON22: Indoor Walking Aerobics

Type: Long Course

Dates: 03/02/2025 - 24/11/2025

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.

252TUE07: Indoor Walking Aerobics

Type: Long Course

Dates: 04/02/2025 - 25/11/2025

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

252TUE09: Exe and Live Healthy - Mernda CLASS 1

Type: Long Course

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 10:35 - 11:15

Location: Community Activity Centre 70 Mernda Village Drive, Mernda

Tutor / Leader: Kumar Chandrakumar

Fee: \$0.00

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

252TUE10: Exe and Live Healthy - Mernda CLASS 2

Type: Long Course

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 11:15 - 12:00

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

252TUE17: Lalor Walking with Friends **Type: Long Course**
Dates: 04/02/2025 - 25/11/2025 **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

253WED13: Walking Group **Type: Long inc school hols**
Dates: 05/02/2025 - 26/11/2025 **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.

253WED14: Mernda Walking Group **Type: Long inc school hols**
Dates: 05/02/2025 - 26/11/2025 **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 Meet outside Fergusons Cake Shop DESCRIPTION: Mernda Shopping Centre. We walk approx. 1hr at a slow walking pace. After we go to a café for a coffee and chat

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

253WED16: Exercises for Healthy Ageing **Type: Long Course**
Dates: 05/02/2025 - 26/11/2025 **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: 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).

253WED17: Body Weight and Strengthening Exe **Type: None**
Dates: 12/02/2025 - 26/11/2025 **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.

254THU14: Exe for Healthy Living - Lalor CLASS1 **Type: Long Course**
Dates: 06/02/2025 - 27/11/2025 **Frequency: Weekly Course, Thu 10:40 - 11:30**
Location: Senior Citizen 2b May Rd, Lalor **Tutor / Leader: Kumar Chandrakumar**
Fee: \$0.00 **Tutor / Leader2: Mary Leeds**

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

REQUIREMENTS: Shoes and loose clothes suitable for exercise

254THU15: Exe for Healthy Living - Lalor CLASS2 **Type: Long Course**
Dates: 06/02/2025 - 27/11/2025 **Frequency: Weekly Course, Thu 11:30 - 12:15**
Location: Senior Citizen 2b May Rd, Lalor **Tutor / Leader: Kumar Chandrakumar**
Fee: \$0.00 **Tutor / Leader2: Mary Leeds**

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

REQUIREMENTS: Shoes and loose clothes suitable for exercise

254THU16: Indoor Walking Aerobics **Type: Long Course**
Dates: 06/02/2025 - 27/11/2025 **Frequency: Weekly Course, Thu 9:00 - 9:40**
Location: Community Activity Centre 70 Mernda Village Drive, Mernda
Tutor / Leader: Ann McGuire
Fee: \$0.00

LOCATION: MERNDA Community Centre 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

254THU21: Bike Riding **Type: Long inc school hols**
Dates: 02/01/2025 - 18/12/2025 **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

257SUN03: Leisurely Sunday Bike Rides **Type: Long inc school hols**
Dates: 02/02/2025 - 07/12/2025 **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

251MON02: Cards 500 Doreen **Type: Long inc school hols**
Dates: 06/01/2025 - 22/12/2025 **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.

251MON10: Scrabble **Type: Long Course**
Dates: 03/02/2025 - 24/11/2025 **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.

251MON19: Canasta / Samba Cards **Type: Long inc school hols**
Dates: 06/01/2025 - 23/12/2025 **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.

252TUE01: Billiards **Type: Long Course**
Dates: 04/02/2025 - 25/11/2025 **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

252TUE06: Bocce **Type: Long Course**
Dates: 04/02/2025 - 25/11/2025 **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.

252TUE13: Cards 500 - Lalor **Type: Long Course**
Dates: 04/02/2025 - 25/11/2025 **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

252TUE14: Mah-Jong **Type: Long Course**
Dates: 04/02/2025 - 25/11/2025 **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.

254THU03: Billiards **Type: Long Course**
Dates: 06/02/2025 - 27/11/2025 **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

254THU04: Bocce **Type: Long Course**
Dates: 06/02/2025 - 27/11/2025 **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.

254THU09: Carpet Bowls **Type: Long Course**
Dates: 06/02/2025 - 27/11/2025 **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

251MON14: Orchid repotting

Type: 1 day

Dates: 20/10/2025 - 20/10/2025

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.

Health and Well Being

251MON03: Tai Chi Class 1 **Type: Long Course**

Dates: 03/02/2025 - 17/11/2025 **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

251MON04: Tai Chi Class 2 **Type: Long Course**

Dates: 03/02/2025 - 17/11/2025 **Frequency: Weekly Course, Mon 10:15 - 11:15**

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.

251MON05: Tai Chi Sword for Health **Type: Long Course**

Dates: 03/02/2025 - 24/11/2025 **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. 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.

251MON06: Tai Chi Stick for Health **Type: Long Course**

Dates: 03/02/2025 - 24/11/2025 **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. 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.

252TUE03: Tai Chi Riverside Intermediate **Type: Long Course**

Dates: 04/02/2025 - 25/11/2025 **Frequency: Weekly Course, Tue 10:15 - 11:15**

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

Fee: \$0.00

LOCATION: Riverside Community Centre Main Room 8 Doreen Rogan Way South Morang DESCRIPTION : Tai chi is a form of exercise whereby a sequence of movements are performed slowly in a flowing relaxing manner. This class will cover warm ups, Qigong (life energy exercises), 24 forms Yang style Tai chi, 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 Tai chi is an advantage but not essential. Wear comfortable clothing and shoes. Bring along a drink bottle.

254THU06: Wu Tao Dance and Beginners Tai Chi **Type: Long Course**
Dates: 06/02/2025 - 27/11/2025 **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.

254THU07: Beginners Yoga **Type: Long Course**
Dates: 06/02/2025 - 27/11/2025 **Frequency: Weekly Course, Thu 9:15 - 10:15**
Location: Senior Citizen 2b May Rd, Lalor **Tutor / Leader: Pauline Shelton**
Fee: \$0.00

LOCATION: May Rd Campus Senior Citizens Club Main Hall May Road Lalor AIM: To explore and learn about yoga and its benefits on all levels of being. Promotes general health and wellbeing through the regular practise of a range of many different techniques including postures and movement breath awareness and breathing exercises relaxation and concentration self inquiry and meditation. DESCRIPTION: Classes include asana pranayama relaxation meditation. It is a class for seniors but in case of health and fitness concern do consult your health professional Yoga is an approach to life that values appropriate effort based on balance and harmony within each person and with each other.

REQUIREMENTS: Wear Comfortable clothing Bring a Yoga Mat 1 - 2 Yoga Block Yoga Strap pillows and blankets if needed & Water Bottle.

254THU17: Tai Chi Beginners - Mernda **Type: Long Course**
Dates: 06/02/2025 - 27/11/2025 **Frequency: Weekly Course, Thu 10:30 - 11:15**
Location: Community Activity Centre 70 Mernda Village Drive, Mernda
Tutor / Leader: Brenda Spessot
Fee: \$0.00

LOCATION: Mernda Community Centre DESCRIPTION: This Taichi class is conducted by a new tutor to Whittlesea U3A with over 15 years experience teaching the subject. 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.

255FRI05: Meditation and Qi Gong **Type: Long Course**
Dates: 07/02/2025 - 28/11/2025 **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.

255FRI07: Cooking for Healthy Living

Type: Long Course

Dates: 07/02/2025 - 28/11/2025

Frequency: Fortnightly, Fri 10:30 - 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, will be conducted by a qualified Dietitian from DPV Health or a qualified chef. 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 set out at the beginning of the year.

255FRI14: Tai Chi

Type: Long Course

Dates: 07/02/2025 - 28/11/2025

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

256SAT01: Reflexology, WellBeing Steps - ONLINE

Type: Long Course

Dates: 01/02/2025 - 29/11/2025

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

254THU27: Family History

Type: Long Course

Dates: 06/02/2025 - 20/11/2025

Frequency: Weekly Course, 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 394 Plenty Rd Mill Park DESCRIPTION: Group meets WEEKLY with the second week of the month designed for beginners. 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.

254THU30: Family History For Beginners

Type: Long Course

Dates: 13/02/2025 - 13/11/2025

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.

History

252TUE15: History of Language - Online

Type: Long Course

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 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 language. As a group we will explore the origin(s) of the English Language and the influence of other cultures that have impacted its development. It is hoped that there is a minimum of three students in order to get a better class involvement.

253WED15: Counting through the Ages - Online

Type: Long Course

Dates: 05/02/2025 - 26/11/2025

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)

Various Interests

251MON11: Speaker Group **Type: Long Course**

Dates: 10/02/2025 - 24/11/2025 **Frequency: Weekly Course, 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.

253WED06: Phase 10 Cards Mernda **Type: Long Course**

Dates: 08/01/2025 - 17/12/2025 **Frequency: Fortnightly, Wed 13:00 - 16:00**

Location: Mernda Social Support Centre 70 Mernda Village Drive Mernda **Tutor / Leader: Jeni Gilkes**

Fee: \$0.00

LOCATION: Mernda Senior Support Centre, DESCRIPTION: This new card game, being led by a new tutor to Whittlesea U3A is a popular card game played in teams. Phase 10 is a multi-player card game, similar to Rummy. Each player is dealt 10 cards and tries to complete the 10 designated "phases". New members welcome.

253WED18: Record Your Family Experience **Type: Long Course**

Dates: 05/02/2025 - 26/11/2025 **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

Study of Foreign Languages

254THU28: Mandarin, Intermediate Level

Type: Long Course

Dates: 06/02/2025 - 27/11/2025

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: To improve pronunciation and sentence construction. Participants are encouraged to participate in conversation and oral reading. Reading material is provided. Some knowledge of pinyin is essential.

REQUIREMENTS: Pen/Pencil Notebook

254THU31: Italian Language Intermediate

Type: Long Course

Dates: 06/02/2025 - 27/11/2025

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

Location: Lalor Library - Inside May Rd Lalor

Tutor / Leader: Antonio Pignatelli

Fee: \$0.00

LOCATION: Lalor Library, May Rd. Lalor DESCRIPTION: Knowledge of Basic Italian Language is required. The class will benefit people who have an Italian background and want to better communicate with family and friends.

For people who want to travel to Italy and for people who want to improve their knowledge of the Italian language for work or for business. Students will interact with an Italian native Tutor and learn the grammar rules but also culture and customs. 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.

Music

252TUE21: Ukulele - Beginners

Type: Long Course

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 15:00 - 16:00

Location: Janefield Community Centre 2 Manchester Crescent Bundoora

Tutor / Leader: Ron Harvey

Fee: \$0.00

LOCATION: Janefield Community Centre (Main Hall), 2 Manchester Crescent Bundoora COPY THIS LINK TO YOUR WEB BROWSER IF YOU WANT TO SEE LOCATION MAP

https://whittleseau3a.org.au/u3a_venue/janefield-community-centre/ OR FIND IT UNDER VENUE LIST ON OUR WEBSITE. DESCRIPTION: The focus will be the learning of basic ukulele playing. If you do not own a ukulele, do not purchase one before consulting the course leader. Loan ukuleles may be available. If you are an active member of another U3A please contact Whittlesea U3A for contact information.

252TUE22: Ukulele Intermediate

Type: Long Course

Dates: 04/02/2025 - 25/11/2025

Frequency: Weekly Course, Tue 16:00 - 17:00

Location: Janefield Community Centre 2 Manchester Crescent Bundoora

Tutor / Leader: Ron Harvey

Fee: \$0.00

LOCATION: Janefield Community Centre (Main Hall), 2 Manchester Crescent Bundoora COPY THIS LINK TO YOUR WEB BROWSER IF YOU WANT TO SEE LOCATION MAP

https://whittleseau3a.org.au/u3a_venue/janefield-community-centre/ OR FIND IT UNDER VENUE LIST ON OUR WEBSITE. DESCRIPTION: This session is for those who can confidently play and sing easy ukulele songs

254THU10: Ukulele with the Choir

Type: Long Course

Dates: 06/02/2025 - 27/11/2025

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.

254THU11: Singing for Joy

Type: Long Course

Dates: 06/02/2025 - 27/11/2025

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

251MON17: Annual Labour Day Picnic at Hawkstowe Pa **Type: 1 day**
Dates: 10/03/2025 - 10/03/2025 **Frequency: Annual activity, Mon 10:00 - 15:00**
Location: Hawkstowe Park Gordons Road South Morang **Tutor / Leader: Marion Gaylard**
Fee: \$0.00

LOCATION: Hawkstowe Park, Gordons Road, South Morang (Melways I83H8) DESCRIPTION: This is the Whittlesea U3A Annual Labour Day Picnic hosted by Marion. Starting at 10.00am 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.

257SUN01: Discover Melbourne At A Slow Pace **Type: Long Course**
Dates: 09/02/2025 - 09/11/2025 **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. 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. Plenty of time for coffee or lunch stops and you can buy or bring your own food STARTING TIME OF PROGRAM VARIOUS BETWEEN 8.30 TRAIN AND 9.00 TRAIN DEPENDING ON THE TIME OF THE YEAR SO MAKE SURE YOU READ THE EMAILS SENT CAREFULLY.

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

257SUN02: Exploring Melbourne's Gardens **Type: Long Course**
Dates: 23/02/2025 - 26/10/2025 **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 TRAVELLING IN LAST CARRIAGE. AIMS: Knowledge of gardens history, style & importance and enjoy a day outdoors COST: Some Gardens may Charge Entry Fee DESCRIPTION: THERE WILL BE NO SESSIONS IN JUNE, JULY, AUGUST & NOVEMBER. Visiting important gardens around Melbourne. Locations are selected because of their distance and ease of access. Additional tram or bus journeys may also be necessary. NO SPECIAL SKILLS REQUIRED, JUST LOVE FOR GARDENS AND THE OUTDOORS. A fair amount of walking is required so a good level of fitness is required.

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.

257SUN04: Summer Train Trips **Type: Long Course**
Dates: 02/02/2025 - 02/11/2025 **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

252TUE08: Leprechaun Trivia Afternoon **Type: Long Course**

Dates: 11/02/2025 - 25/11/2025 **Frequency: 2nd & 4th Week of the month, Tue 13:00 - 15:00**

Location: Mernda Social Support Centre 70 Mernda Village Drive Mernda

Tutor / Leader: Patrick Muldoon

Fee: \$0.00

LOCATION: Mernda Senior Support Centre, Mernda 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!

254THU02: Trivia Night **Type: Long Course**

Dates: 06/02/2025 - 20/11/2025 **Frequency: 1st & 3rd Thursday, 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.

254THU12: Share a Meal **Type: Long Course**

Dates: 27/02/2025 - 27/11/2025 **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.

255FRI11: Coffee and Chat on Friday **Type: Long inc school hols**

Dates: 31/01/2025 - 19/12/2025 **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.

255FRI12: Film Night

Type: Long Course

Dates: 28/02/2025 - 28/11/2025

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.

Sport

252TUE05: Table Tennis - May Rd **Type: Long Course**
Dates: 04/02/2025 - 25/11/2025 **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

253WED21: Pickleball **Type: Short Course**
Dates: 05/02/2025 - 26/11/2025 **Frequency: Weekly Course, Wed 13:30 - 15:00**
Location: TRAC Recreation Centre 52 Main Street Thomastown **Tutor / Leader: Glen Wall**
Fee: \$0.00 **Tutor / Leader2: Helen Ang**

LOCATION: TRAC Recreation Main Street Thomastown DESCRIPTION: Come and try out this new and exciting game which is played in pairs in a modified tennis court. Easy to learn, providing good opportunity to build up fitness whilst having fun. Beginners welcome. The program is conducted by fully qualified coaches. Some admission costs may apply REQUIREMENTS: Comfortable clothing and shoes and water bottle.

254THU22: Tennis **Type: Long inc school hols**
Dates: 16/01/2025 - 18/12/2025 **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 racquet; casual clothing & running shoes

254THU23: Walking Football - Gentlemen **Type: Long inc school hols**
Dates: 23/01/2025 - 18/12/2025 **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

254THU24: Walking Football - Ladies

Type: Long inc school hols

Dates: 16/01/2025 - 18/12/2025

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

254THU25: Walking Basketball

Type: Long Course

Dates: 06/02/2025 - 27/11/2025

Frequency: Weekly Course, Thu 11:15 - 12:30

Location: YMCA Leisure City 41-53 Miller Street Epping

Tutor / Leader: Margaret Goodwin

Fee: \$0.00

LOCATION: YMCA Leisure City, 41-53 Miller Street, Epping Walking Basketball 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 Basketball is a slower version of netball performed at a walking pace. Walking Basketball 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

Creative Writing Process

251MON07: E-Book Publishing

Type: Long Course

Dates: 03/02/2025 - 24/11/2025

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.

253WED03: Improving Your Writing Craft

Type: Long Course

Dates: 05/02/2025 - 26/11/2025

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.

253WED05: Creative Writing

Type: Long Course

Dates: 12/02/2025 - 26/11/2025

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.