

INFORMATION ON COURSES IN TERM 4

NEW COURSES

We have some new and interesting new courses starting Term 4. You can enrol on-line or through the office.

17TEC40 MODERN TECHNOLOGY

Mark Wilson **Monday, 9.30am-11.00am** **Room 2**

The pitfalls of living in a modern society sometimes mean things seem complicated – trying to understand what machines are asking or what other people are talking about. Tablets and mobiles - how do you use them and what is Facebook, Twitter, YouTube or Instagram?? What happened to just answering a call or not touching the screen and having it talk back! Come along with some of your problems (including the device if possible) or just find out what troubles other people are having.

17TEC34 WINDOWS 10

Mark Wilson **Monday, 11.15am-12.45pm** **Room 2**

This course will cover an introduction to Windows 10 and some of the more common features of the operating system. We will also discuss any problems you have and endeavour to find solutions.

17HUM30 A WORLD OF INFORMATION

Les Harper **Tuesday, 9.30am-11.00am** **Room 2**

We will take you on exciting adventures into the latest scientific discoveries, medical findings, cosmos reports and interviews with interesting people. You should bring an open, enquiring and flexible mind, ready to have fun and be excited. Topics will be chosen by the Tutor from podcasts on the internet. Time will be available for discussion and to share ideas in a non-judgmental and friendly way

17HUM31 GUT FEELING (NUTRITION & YOU)

Joanne Mujic **Tuesday, 1.00pm-2.30pm** **Room 1**

We will look at the latest scientific thinking that what we eat has led to obesity, food intolerances, IBS and allergies. Based on Dr Michael Mosley's book "The Clever Guts Diet", we will investigate ways in which we may improve nutrition and reinvigorate our lives. You don't need to be deprived of or obsessed by food. Come and see how even small changes in eating habit can have a positive impact.

17HUM15 WINNING WOMEN

Andrea McCall **Monday, 11.15am-12.30pm** **Room 4**
9 & 16 Oct, 13 & 20 Nov

Welcome back to those of you who want to hear about more of those unsung heroines of history. There may be a few Australians you did not know and a few scandals about some other famous ones you had never heard. There are plenty of fascinating characters to discuss. This is an interactive class, a bit politically incorrect but informative and fun.

SHORT COURSES

17TEC35 GROUP EMAILS

Peter Stirling **Tuesday, 10 October, 11.15am-12.45pm** **Room 2**

Learn how to send one email to many. This lesson may be useful if hold a position in a club. You can send one email message to one person or 100. Must have an email address and be used to sending and receiving emails.

17TEC36 EMAIL FOLDERS

Peter Stirling **Tuesday, 17 October, 11.15am-12.45pm** **Room 2**

Create folders in your email account so you can save important emails to these folders, and keep your inbox empty.

17TEC37 SKYPE

Mark Dunn/Peter Stirling **Tuesday, 24 October, 11.15am-12.45pm** **Room 2**

An introduction to Skype and a demonstration. A discussion on creating a Skype account. If time permits we will look at FaceTime on your mobile or iPad.

17TEC38 TRANSFERRING PHOTOS

Peter Stirling

Tuesday, 31 October, 11.15am-12.45pm Room 2

Learn how to create picture folders on your computer and transfer photos to and from a memory stick or an external hard drive.

TEC39 EBAY

Peter Stirling

Tuesday, 14 November, 11.15am-12.45pm Room 2

A discussion on buying and selling on EBay. We will also look at Gumtree.

COURSES RESUMING

How What When and Where

Exercise to Music

Stretching Exercises with Bands

COURSES CANCELLED

Maths for Fun

Chair Yoga