



CLASS BOOKLET 2017 TERM 4

Phone: 9770 1042
Email: office@u3af.org.au
Website: www.u3af.org.au
Postal Address: P.O. Box 429, Frankston 3199
Street Address: Stella Maris Centre
Gate 8, John Paul College
161 McMahons Road, Frankston, Vic, 3199



Supported by the Victorian Government

Welcome to U3A Frankston ...

U3A Frankston commenced in 1985 and moved to the Stella Maris Centre at John Paul College in late 2010. At our premises, there are four classrooms, including a room for computer training, a kitchen and a members' room with two computers for seniors' broadband learning. We offer over 70 different classes with a variety of topics and have 760 members. Some exercise related classes are held at off campus sites.

It is an organization that brings together people who are retired or not working full-time. People meet for mental and physical stimulation, to continue learning or have fun. **It is totally run by volunteers** and we always need people to help. Without these wonderful people giving a lot of their time, U3A would not exist. They are the backbone of U3A.

Please read this booklet as it provides information about U3A Frankston classes and our rules on membership and class enrolment.

U3A Frankston Mission Statement

To provide on-going facilities and opportunities to people in the community retired or semi-retired, regardless of background, financial circumstances or schooling, so that they have access to affordable educational, physical, cultural and social activities to improve their well-being and reduce social isolation,

U3A Frankston Committee

The committee is elected from members at the Annual General Meeting and meets monthly. We are an incorporated body that operates under the Associated Incorporations' Act and the Rules of U3A Frankston. We have a Code of Conduct and Policies which members need to follow.

The current Committee is:

President:	Dennis Mason
Vice-President:	Rick Stonehouse
Secretary:	Bethy Birch
Treasurer:	John Bleeker
Committee:	Patricia Blackham, Margaret Gleadall, John Howells, Manfred Jung, Leonie Price (Office Manager), Gail Quilliam, Peter Stebbins

Office Hours ...

The U3A Frankston Office is open Monday to Friday from 9.15am to 1.15pm during term times but closed for School Holidays. During this period, there is no-one in the office to answer the phone, so please either leave a message or call back at the beginning of term.

Term Dates 2017...

Term 4: 9 October to 8 December (closed 6 and 7 November, Cup Eve and Cup Day)

Renewal of Membership and Enrolment in Classes

At the end of each year, members must renew their membership for the following year and can enrol in a maximum of 5 classes of their choice, but can only choose one Yoga class. Members must pay their membership fee before enrolments are confirmed.

U3A Frankston has an online registration system (UMAS) which will allow you to join or renew your membership, enrol in classes and pay your membership fees from your home computer. Enrolments can be via UMAS or at the office. However, with late enrolments, you may not get into your chosen classes.

If you wish to use the online registration system via our website, www.u3af.org.au, instructions can be provided from the U3A Frankston office or you may ring them for help. If you do not wish to use this system, you may come to the office on enrolment days, or during the year, for assisted registration. You will need to complete the membership and class enrolment forms, and pay your membership fees. We only accept cash or cheques at the U3A Office.

Our official enrolment day for the following year is in late November and all members advised of the date. However, you may join U3A Frankston and enrol in classes at any time during the year.

PLEASE NOTE

At the enrolment day in November, the following guidelines will apply:

1. Online registration will open at the same time as assisted registration.
2. **Early or postal enrolments** will not be accepted.
If you require assisted registration, membership and enrolment forms will be checked. A priority number will be given to you and you will be processed in that order. You may bring forms for other members who cannot attend on the day, but there is a limit of 3 per member, including your own.
3. Please do not expect that because you were in a class last year that you will be given first priority for the following year.
4. Your classes will be confirmed on the day of enrolment, subject to your membership payment.

Fees ...

The membership fee (January to December) is payable on enrolment.

U3A Frankston members:	\$40
Affiliated U3A members:	\$20

Tutors and Life Members do not pay membership fees.

Once you have enrolled in your class/es, you will need to pay your annual membership. Instructions on paying your membership, either through UMAS or at the office can be provided by the U3A Frankston Office. U3A Frankston membership fees must be paid before class enrolments can be confirmed.

Term Fees for Classes ...

Class fees must be paid for the full term at the first class of the beginning of the term. Fees are as follows:

Computer Classes	\$30 per term
Technical Classes	\$20 per term
All other classes of 1-1/2 hours' duration:	\$10 per term
Classes of more than 1-1/2 hours	\$20 per term
Book Discussion Group (Monthly)	\$10 a year
Bike Riding	\$5 per term
Special Workshops	\$5 per workshop

Fortnightly classes pay half the term fee and are marked with an *

Other Information

Commencement Dates of Classes

Most classes start on the first day of term. For classes that are not weekly, please check the start date with your tutor or the office.

Attendance at Classes

Please ensure you sign the roll when you enter the class for the tutor to check who is on site in case of emergency evacuation. If you cannot attend on the day or wish to withdraw from a class, please advise the office. If you know that you will not be attending your class for a week or more, please mark the roll with an "A" for absent. **If you are away for a period of 3 weeks and have not advised the office or marked the roll, we fill your place with another member from the waiting list.**

Number of Students

The number of students in a class is dependent on the size of the classroom and at the discretion of the tutor. If a class size falls below four, the tutor reserves the right to cancel the class. This will not occur if class members have notified the office that they will be away or are sick.

Waiting Lists

If a class is full, your name will be placed on a waiting list. From 2017, some classes will not have waiting lists. This is because the tutor has advised that the students will need to attend all lessons and there will be no enrolments after the first class. Please enrol as early as possible so that you won't be disappointed.

Refund Policy

If you believe you have a valid reason for a refund of annual membership fee, please complete the relevant form (available from the office) and detail your reasons. If approved, you will receive a refund.

Trial Class

If you are not sure whether the subject is one you wish to do, you may attend one class and then decide if you want to continue. This is naturally dependant on the tutor, especially if it is a language class. If you do want to join the class, you must then pay your membership fee at the office (if you have not already joined U3A Frankston) and your term class fees, either to the tutor or the office.

Class Changeover Times

All classes have a 15 minute changeover time. This allows one class to pack up and the next class to enter and prepare. Please do not enter the classroom until the previous class has left. If the previous class is running late, do not enter but knock on the door and remind the tutor politely that it is time for the next class.

U3A Frankston Lanyard/Name Tag

You must wear your U3A Frankston lanyard/name tag at all times for health and safety reasons in case we have an emergency evacuation and also because we are on John Paul College grounds. You may obtain a lanyard from the U3A Frankston Office.

Smoking

Please note that as we are on school grounds, smoking is not allowed on the property or within 10 metres of the gates.

Types of Classes Offered Throughout the Year ...

Arts: Creative

- Chinese Calligraphy
- Creative Photography
- Creative Crafts
- Creative Writing
- Drawing Workshop; Drawing for Pleasure
- Literature and Film Study
- Oil Painting and Water Colours, Beginners and Advanced

Exercised Based

- Bike Riding
- Rambling All Over
- Exercise to Music
- Stretching Exercises with Bands
- Tai Chi
- Yoga: Chair Yoga; Relaxing with Yoga; Yoga Hatha; Gentle Yoga

Games

- Canasta
- Cryptic Crosswords
- Mahjong: Introduction, Beginners and Advanced
- Rummikub

Human Interest

- A Cocktail of Knowledge
- Big Ideas
- Book Discussion Group
- Classic Australian Novels
- Current Affairs
- Greek Mythology
- History: English/French; World War One
- How, What, When, Where
- Maths is Fun
- Mindfulness for Life
- Risk in Retirement

Human Interest (cont)

- Science
- Speaking for Fun
- Tarot for Beginners
- Three Tiers of Parliament

Languages

- Auslan: Signing for the Deaf
- French: Beginners, Beginners 2, Beginners Plus German: Beginners Plus, Conversation.
- Italian: Beginners; Beginners Plus; Intermediate; Conversation
- Spanish: Beginners

Music

- A'Cappella Group
- Choir
- Communal Guitar
- Jazz Choral Group
- Jazz: The Singers & the Song; World of Classic Jazz
-

Technical/Technology

- Apple iPad for Beginners
- Internet Browsing
- Windows 10:

Contents

ART: CREATIVE ARTS	9
EXERCISE: FITNESS, RAMBLING, TAI CHI.....	10
GAMES: MAHJONG, CHESS, CROSSWORDS, RUMMIKUB.....	11
HUMAN INTEREST: CURRENT AFFAIRS, HISTORY, SCIENCE, ETC.....	12
LANGUAGE: LANGUAGES.....	15
MUSIC: CHOIR, CLASSIC JAZZ, GUITAR.....	17
TECH: COMPUTER RELATED.....	18
YOG: YOGA.....	20

NEW

17SOC1 SOCIAL GROUP

MOVIES, LUNCH, COFFEE AND MORE - TUESDAY, 11.15AM

Would you like to go to the movies, have lunch or coffee with a group of people from U3A Frankston? A Social Group is being started so that you can enjoy the company of other members in social activities. The group will get together every Tuesday at the Frankston RSL and Sue Ansell is your organiser.

ART: CREATIVE ARTS

17ART01 CHINESE CALLIGRAPHY

Mike Li

7 February to 5 December 2017

Weekly, Tue 11:15-12:45

Learn about the history of Chinese Calligraphy and the famous calligraphists with their different styles. Learn how to manipulate these together to create a beautiful composition. Your tutor will advise what you need at your first lesson.

17ART02 CREATIVE CRAFTS

Brenda Thurgar/Marcia Gingold

9 February to 7 December 2017

Weekly, Thu 11:15-12:45

This class is mainly about knitting, crochet and patchwork. We share patterns, ideas and skills.

17ART03 CREATIVE PHOTOGRAPHY

Keith Broad

9 February to 7 December 2017

Weekly, Thu 2:45-6:00

Develop skills to use your camera creatively. You will also learn photographic terms, principles and concepts; principles of composition, camera settings and getting the most from your camera.

17ART04 CREATIVE WRITING

Ann Simic/Bill Diver

7 February to 5 December 2017

Weekly, Tue 9:30-11:00

This class will include memoirs, short stories, flights of fancy, prose & poetry.

17ART05 DRAWING WORKSHOP

Manfred Jung

19 July to 6 December 2017

Fortnightly, Wed 1:15-4:15

Enjoy exploring drawing in a workshop class environment with supportive members in a friendly atmosphere.

17ART06 DRAWING FOR FUN (1st & 3rd Fri)

Suren Sorenson

10 February to 1 December 2017

Fortnightly, Fri 9:30-11:00

Bring out the inner artist in you in a fun way with professional guidance from your tutor.

17ART07 LITERATURE & FILM STUDY

Margaret Mace

9 February to 7 December 2017

Weekly, Thu 9:30-11:00

We study books, plays and poetry. Where possible, the book or play is complemented with a matched film.

Term 4: "A Christmas Carol" by Charles Dickens – book and film.

17ART08 MASTER OIL PAINTING (2nd & 4th Fri) **Suren Sorenson**
17 February to 8 December 2017 **Fortnightly, Fri 9:30-11:00**
Suren, an international master artist of many years standing, welcomes you to this class, whether new or experienced, to discover your own inner talent and style.

17ART09 OIL PAINTING ADVANCED **Manfred Jung**
10 February to 8 December 2017 **Weekly, Fri 1:15-4:15**
Enjoy exploring painting in a workshop class environment with supportive members in a friendly atmosphere.

17ART10 OIL PAINTING FOR BEGINNERS **Manfred Jung**
10 February to 8 December 2017 **Weekly, Fri 1:15-4:15**
Enjoy exploring painting in a workshop class environment with supportive members in a friendly atmosphere.

17ART11 WATER COLOURS ADVANCED **Suren Sorenson//Keith Broad**
6 February to 4 December 2017 **Weekly, Mon 1:15-4:15**
Enjoy exploring painting in a workshop class environment with supportive members in a friendly atmosphere.

17ART12 WATER COLOURS BEGINNERS **Suren Sorenson/Keith Broad**
8 February to 4 December 2017 **Fortnightly, Mon 1:15-4:15**
Enjoy exploring painting in a workshop class environment with supportive members in a friendly atmosphere.

EXERCISE: FITNESS, RAMBLING, TAI CHI

17EXC03 EXERCISE TO MUSIC **June Hewitt**
6 February to 4 December 2017 **Weekly, Mon 9:30-11:00**
Movement to music including using balls, hoops and scarves. We also do cardio-weights and Tai chi. All these are incorporated into one hour. There is then an extra 30 minutes of floor Pilates

17EXC04 RAMBLING ALL OVER (2nd & 4th weeks) **Suzanne Byrne**
8 February to 13 December 2017 **Wed 9:30-2:00**
Easy urban and Peninsula walks of 4-6 kms. Sightsee and socialise. Held on the 2nd and 4th Wednesday of the month during term time. See U3A website or office for term timetable.

17EXC05 STRETCHING EXERCISES WITH BANDS*June Hewitt***9 February to 7 December 2017****Weekly, Thu 2:45-4:15**

Gentle warm-up doing Yoga, moving into core work with hand weights. Most of the class is based on the floor doing stretching with bands.

17EXC07 TAI CHI*Zandra Daniels***7 February to 5 December 2017****Weekly, Tue 9:30-11:00**

Tai Chi is something people of any age can learn. The movements are slow & gentle, and you can work at your own level. Many older people can do Tai Chi even with arthritis.

17EXC08 BIKE RIDING*Peter Stirling***15 October to 10 December 2017****Weekly, Sun 8:30-12:00**

We ride on trails in and around Frankston, sometimes catching the train to a location and riding home. Rides are 30-40kms. We leave around 8.00-8:30am and are home about lunchtime. We have a coffee break at the half-way point. Rides are neither fast nor slow but a moderate state of fitness is required. Emails are sent out each week for meeting place and time for the next ride. New members requiring information can ring Peter Stirling on 0439 562 166.

GAMES: MAHJONG, CHESS, CROSSWORDS. RUMMIKUB**17GAM01 CANASTA***Anne Barnden***10 February to 8 December 2017****Weekly, Fri 11:15-12:45**

Learn how to play this fascinating card game. Beginners and accomplished players are welcome.

17GAM02 CRYPTIC CROSSWORDS*Diane Johnson***8 February to 6 December 2017****Weekly, Wed 9:30-11:00**

Work one crossword in class, take two crosswords home to work on.

17GAM03 MAH JONG ADVANCED (Western Game)*K. Pyke/R. Andrews***8 February to 6 December 2017****Fortnightly, Wed 1:00-4:00
& alternate Fridays, 1:00-4:00**

This class assumes a good knowledge of Western Mah Jong, sufficient to play without supervision. All students are encouraged to obtain a copy of "Improve your Mah Jong" by Patricia A. Thompson and Betty Maloney.

17GAM04 MAH JONG BEGINNERS (Western Game) R. Andrews/K. Pyke
6 February to 4 December 2017 Weekly, Mon 1:00-4:00

This class assumes a basic knowledge of Mah Jong sufficient for students to play without direct supervision (although they will still have access to tutors, if required, as this class shares the venue with "Mah Jong Introduction"). All students are encouraged to obtain a copy of "Improve your Mah Jong".

17GAM05 MAH JONG INTRODUCTION (Western Game)K. Pyke/R. Andrews
6 February to 4 December 2017 Weekly, Mon 1:00-4:00

This class requires no previous knowledge. With only 6 students, each receives direct instruction from a tutor. As students progress, they will move to the Beginners' class that is conducted simultaneously so they will still have access to tutors. All students are encouraged to obtain "Improve your Mah Jong".

17GAM06 RUMMIKUB Brian Donnelly
8 February to 6 December 2017 Weekly, Wed 1:00-2:30

This is a game that keeps mental facilities nimble. It is a mental fitness challenge. Rummikub combines elements of pattern recognition strategy in a social environment, which may assist in delaying the onset of dementia. In other words, you have a lot of fun while using your brain!!!

HUMAN IN: CURRENT AFFAIRS HISTORY SCIENCE

17HUM01 BIG IDEAS William Puls
8 February to 13 December 2017 Weekly, Wed 11:15-12:45

A discussion class which focuses on the big issues of human life; philosophical, social, historical, economic, ethical and psychological.

17HUM02 BOOK DISCUSSION GROUP (MTHLY 2ND TUE) Robyn Gould
14 February to 28 November 2017 Monthly, Tue 2:45-4:15

We read a set book each month and then discuss our views on content, characters, etc.

17HUM03 CLASSIC AUSTRALIAN NOVELS Evelyn Lawson
9 February to 4 December 2017 Monthly, Fri 9:30-11:00

We will share our knowledge of wonderful stories. There is no compulsion to read new books but hopefully you will want to!

17HUM05 CURRENT AFFAIRS Ian Browne
10 February to 8 December 2017 Weekly, Fri 9:30-11:00

A moderated forum, where we discuss local, national and international events of the day, as well as social and economic trends.

17HUM06 FRENCH HISTORY
10 February to 8 December 2017

Murray Adamthwaite
Weekly, Fri 1:00-2:30

Second Semester: France from Reformation to Revolution

This covers the period from 1540 to the outbreak of the Revolution in 1789. This course will explore the impact of the Revolution, the influence of the Huguenots and the Revocation in 1685. Dominating this period is the long reign of Louis XIV and his many wars. Finally the 18th century saw the influence of the French philosophes whose ideas lay at the basis of the French revolution.

17HUM07 HOW, WHAT, WHEN AND WHERE
16 February to 7 December 2017

John Howells
Weekly, Thu 2:45-4:15

Do you get frustrated that you can't remember things when you are having a conversation - someone's name or a film you saw recently? We all have those moments but this class will show you a technique to help you overcome these embarrassing times. We sharpen your mind by reciting, recalling and reliving past times which helps you retrieve those memories. It just needs gentle prompting as to how, what, when and where.

17HUM08 MINDFULNESS FOR LIFE
8 February to 6 December 2017

Shekhar Kamat
Weekly Course, Wed 11:15-12:45

Life can be wobbly sometimes. It requires stability. "Mindfulness for Life" will look at what simple precautions we can take so we can overcome various challenges we face in our daily life. This regular group discussion and meditation will help you to learn new tools to adopt positive lifestyle and inner workings of our mind to regain stability.

17HUM10 SCIENCE
7 February to 5 December 2017

Ross McLennan
Weekly Course, Tue 1:00-2:30

This course comprises a series of short studies drawn from the sciences aimed at advancing the scientific knowledge of students. It should also interest those who enjoy history, exploring the impact great discoveries have had on humanity. Presentation will be by way of class lectures, handouts, slides, videoed lectures and documentaries. There will be time each session for discussion, and always some fun and socialising too.

17HUM15 WINNING WOMEN**Andrea McCall****9 & 16 October & 13 & 20 November****Fortnightly, Mon 11:15-12:45**

Welcome back to those of you who want to hear more about 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 plenty of fascinating characters to discuss. This is an interactive class, a bit politically incorrect but informative and fun.

17HUM19 TAROT FOR BEGINNERS**Gloria Kirkpatrick****7 February to 5 December 2017****Weekly Course, Tue 1:00-2:30**

This is a class for those with limited knowledge of Tarot. We will study all 78 cards of the Tarot individually, then combine our intuition with visual and physical placement of cards to practice readings. The Tarot will be used in a positive way to help and guide. You will need a Tarot deck which must have pictures, and an open mind. I recommend the original Rider Waite deck or any cards designed by Ciro Marchetti.

17HUM20 A COCKTAIL OF KNOWLEDGE**Frank Mahr****6 February to 4 December 2017****Weekly Course, Mon 9:30-11:00**

Each session, two or three internationally acclaimed academics will present lectures via video from their chosen field. The subject matter will be diverse hence the name "Cocktail of Knowledge". For U3A students the opportunity to hear directly from these experts and engage in their studies offers an experience to be coveted. The tutor will select programs and courses from the arts and sciences that will fascinate all serious minded students.

17HUM22 GREEK MYTHOLOGY**Georgina Limnios****6 February to 4 December 2017****Fortnightly Course, Mon 11.15:12.45**

When watching television, you may see movies about Greek myths, like Helen of Troy and the Clash of the Titans. Why not come to this course and learn more about these amazing characters? They include the God, Zeus, Ares, the God of War and Poseidon. Be thrilled by the amazing stories of the incredible Greek heroes like Hercules, Achilles, Perseus, and Jason and the Argonauts.

17HUM24 WORLD WAR 1: AUSTRALIA'S INVOLVEMENT **Ross Wilkinson****20 July to 7 December 2017****Weekly Course, Thu 11:15-12:45**

This class will review the causes of World War One and how Australia was involved. We will also introduce tools that will help you explore your own family's history so that you can learn the stories behind your relatives' involvement in this war.

17HUM28 RISK IN RETIREMENT**9 October to 4 December****Ross Wilkinson****Weekly, Mon 2.45-4.15**

You're retired but does this mean that you stop thinking about risk? Every decision we make carries risks. In retirement, we may make decisions without properly identifying and understanding the risks. Are you about to embark on an around-Australia motoring trip and are you properly prepared? At what point do you decide that maintenance of your house and property is beyond you? Are you properly equipped to understand all the requirements involved in entering into contracts with tradesmen and suppliers? This class will assist you to better understand how to identify, assess and control all the risks that occur in your daily activities, big or small.

17HUM30 A WORLD OF INFORMATION**10 October to 5 December****Les Harper****Weekly Tue, 9.30am-11.00am**

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)**9 October to 4 December****Joanne Mujic****Weekly, Mon 1.00-2.30**

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.

17HUM32 LEARNING ABOUT MEDITATION**10 October to 5 December****Marian de Souza****Weekly, Tue 1:00-2:30**

Learn about meditation, the history and benefits for your physical, emotional and spiritual wellbeing. We will also explore different ways to meditate.

LANGUAGE: LANGUAGES**17LAN01 AUSLAN****9 February to 7 December 2017****Marie Hanak****Weekly Course, Thu 1:00-2:30**

We learn Auslan – signing for fun! Come and join our Auslan Class and learn a new skill. A class where you can learn to communicate in a different way, in a relaxed and friendly group. There's lots of fun and laughter while we exercise our fingers and our brains.

17LAN13 FRENCH BEGINNERS**8 February to 6 December 2017*****Lolita Sandrazie*****Weekly Course, Wed 1:00-2:00**

This class is aimed at people who have not studied French at all or who may have studied French years ago. You will be taught basic French grammar, verbs, reading, writing and basic conversation. There will be homework to check your understanding. You will be taught by a native French speaker and the emphasis will be on pronunciation which is vital. Please note this class is not for those who intend to travel and just want to learn a few words of French.

17LAN05 FRENCH BEGINNERS PLUS**8 February to 6 December 2017*****Lolita Sandrazie*****Weekly Course, Wed 2:45-4:15**

This class is for those who have successfully completed basic French Beginners and wish to continue on to the next level. There will be more grammar, verbs, dictation, conversation and homework. Please note, it is a prerequisite that students will have to take a written test to ascertain suitability.

17LAN03 FRENCH BEGINNERS 2**8 February to 6 December 2017*****Annick Descoubes*****Weekly Course, Wed 11:15-12:45**

In the second year of this French beginners' course, you will be introduced to new tenses and vocabulary, and learn how to use the French language in various daily life situations. As the tutor is a native French speaker, there is also a strong focus on pronunciation. Students who enrol in this course should have some command of French grammar and vocabulary. You will have to participate in a test to ensure that this class is suitable for you.

17LAN06 GERMAN BEGINNERS PLUS**9 February to 7 December 2017*****Heidi Schliephake*****Weekly Course, Thu 11:15-12:45**

We will have fun learning basic words and grammar, and how to make simple conversation. German is the mother tongue of the tutor.

17LAN07 GERMAN CONVERSATION**9 February to 7 December 2017*****Heinz Tiemoreit*****Weekly Course, Thu 1:00-2:30**

The main focus of this course is conversation between class members with verbal corrections by the tutor. Reading, writing and translation will also be practiced with grammar taught or revised.

17LAN08 ITALIAN BEGINNERS**7 February to 5 December 2017*****Maureen Mirabella*****Weekly Course, Tue 2:45-4:15**

This class is for anyone who would like to learn Italian and who has either not studied the language before, is revising past knowledge or is in the process of gaining the basics of Italian.

17LAN09 ITALIAN BEGINNERS PLUS**Maureen Mirabella****7 February to 5 December 2017****Weekly Course, Tue 11:15-12:45**

This class is designed to cater for students who have a basic understanding of Italian grammar, pronunciation and essential verbs, to consolidate their skills and to explore Italian further.

17LAN10 ITALIAN CONVERSATION**Giuliano Carboni****8 February to 6 December 2017****Weekly Course, Wed 9:30-11:00**

This class covers advanced grammar and we also discuss the history (up to Garibaldi) and culture of Italy.

17LAN11 ITALIAN INTERMEDIATE**Maureen Mirabella****7 February to 5 December 2017****Weekly Course, Tue 9:30-11:00**

Students who have a good understanding of basic Italian grammar, use of verbs and pronunciation, can advance their skills in this class.

17LAN12 SPANISH BEGINNERS**Susana Jeffrey****10 February to 8 December 2017****Weekly Course, Fri 11:15-12:45**

We learn the basics of the Spanish language in a relaxed atmosphere.

MUSIC: CHOIR, CLASSIC JAZZ, GUITAR**17MUS01 A'CAPELLA GROUP****Joanne Mujic****9 February to 7 December 2017****Weekly Course, Thu 2:45-4:15**

We sing in harmony without accompaniment. Auditions required for new applicants.

17MUS02 CHOIR**Anne Credlin****2 February to 7 December 2017****Weekly Course, Thu 9:30-12:30**

Our motto is "We Sing for Fun". We have a happy time singing songs; some in unison, some in parts. Members do not need to be able to read music but the ability to do so is an advantage. Please note that the Choir continues through school holidays.

17MUS03 COMMUNAL GUITAR**Bill Diver****8 February to 6 December 2017****Weekly Course, Wed 2:45-4:15**

We will play DVDs of lessons from online courses and the class will design the course after watching DVDs

17MUS05 THE SINGERS & THE SONG**Peter Wright****6 February to 4 December 2017****Weekly Course, Mon 11:15-12:45**

A listening and viewing discussion class. It features the great jazz influences and jazz singers, eg, Ella, Billie, Sarah, Frank, Mel, June, Michael, Anita et al.

17MUS06 THE WORLD OF CLASSIC JAZZ**Peter Wright****6 February to 4 December 2017****Weekly Course, Mon 9:30-11:00**

A listening and viewing class about Jazz and the various styles - Traditional, New Orleans, Swing (Big Band/small group), Mainstream and Modern - but no avant garde.

17MUS07 JAZZ CHORAL GROUP**Marion de Souza****20 July to 21 September 2017****Weekly Course, Fri 2:45-4.15**

This is a small group of 15-20 people singing popular songs from the 1920s to the 1960s, plus some. It is informal and fun, with simple harmonies and syncopated rhythms. Enlivening for the body and mind.

TECH: COMPUTER RELATED**17TEC05 APPLE IPAD FOR BEGINNERS****Peter Stebbins****11 October to 6 December 2017****Weekly Course, Wed 1:00-2:30**

Students must supply their own Apple iPad. It is recommended that you commit to attending all lessons as if you miss a lesson you may not be able to catch up.

- Introduction: Basic functions, settings, WiFi network.
- Safari Browser: Searching, bookmarks, folders.
- Email: Setting up account, using images.
- Camera: take photos & videos, crop & delete photos, albums.
- Applications: download & install applications, using notes & eBooks.

PLEASE NOTE: You must have your Apple iPad password installed before starting this class. Android tablets (non-Apple products) are not covered in this course. There is no waiting list available for this class as students will not be accepted after the class has started.

17TEC34 WINDOWS 10**Mark Wilson****9 October to 13 November 2017****Weekly, Mon, 11:15-12:45**

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.

17TECH35 GROUP EMAILS
10 October 2017

Peter Stirling
Day, Tue, 11.15-12.45

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
17 October 2017

Peter Stirling
Day, Tue, 11.15-12.45

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

17TEC37 SKYPE
24 October 2017

Mark Dunn/Peter Stirling
Day, Tue, 11.15-12.45

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
31 October 2017

Peter Stirling
Day, Tue, 11.15-12.45

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

17TEC39 EBAY
14 November 2017

Peter Stirling
Day, Tue, 11.15-12.45

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

17TEC40 MODERN TECHNOLOGY
9 October 2017

Mark Wilson
Day, Mon, 9.30-11.00

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.

YOG: YOGA

17YOG02 GENTLE YOGA
9 February to 7 December 2017

Gill Gordon
Weekly Course, Thu 9:30-11:00

This gentle yoga class is aimed at keeping flexibility, strength and stamina for the over 50s. It includes yoga postures, relaxation and meditation.

17YOG03 HOLISTIC YOGA

Marilyn Howe

7 February to 5 December 2017

Weekly Course, Tue 2:45-4:15

We do Asana and Pranayama (breath techniques), meditation and Yoga Nidra (deep relaxation) to realise natural strength and stamina.

17YOG04 YOGA HATHA

Elisa Goldenberg

7 February to 5 December 2017

Weekly Course, Tue 9:30-11:00

These experiential classes will allow breath awareness to soften and soothe the body; allowing the body to flow and strengthen into increased flexibility relaxation. Suitable for beginners and the experienced.