



CLASS BOOKLET 2018 TERM 1



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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 about 700 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 2018

- Term 1 5 February to 29 March (*closed Labour Day Monday, 12 March*)
Term 2 16 April to 29 June (*closed Anzac Day Wednesday, 25 April and Queen's Birthday Monday, 11 June*)
Term 3 16 July to 21 September
Term 4 8 October to 7 December (*closed Cup Eve Monday 5 November and Cup Day Tuesday 6 November*)

Renewal of Membership and Enrolment in Classes

At the end of each year, members must renew their membership for the following year and may 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 day, 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 is in January 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

On enrolment day in January, the following guidelines will apply:

- 1. Online and assisted registration will open at 10.00am. Enrolment in classes will not be available before this time.**
- 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 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.
- Please do not expect that because you were in a class last year that you will be given first priority for the following year.
- 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:	\$50
Affiliated U3A members:	\$25

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 for 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)	\$15 a year
Bike Riding	\$5 per term
Special Workshops	\$5 per workshop

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

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

You must sign the roll as you enter the class as the tutor needs to check who is on site in case of emergency evacuation. If you cannot attend 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. 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 unsure whether you wish to do a particular subject, you may attend one class and then decide if you want to continue. If you decide 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, please knock on the door and remind the tutor politely of the time.

Class Setup

All classes set up the room layout for their class and then leave the room as it is. The next class then sets up the layout which suits their class. Doing it this way means that every class only has to set up once.

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 school 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
- Water Colours, Beginners and Advanced

Exercised Based

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

Games

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

Human Interest

- Big Ideas
- Book Discussion Group
- Current Affairs
- Greek Mythology
- History
- How, What, When, Where
- Information Galore from Podcasts
- Mindfulness for Life
- Risk in Retirement
- Science
- Tarot for Beginners
- The Spy Novel
- World War 1 Aust. Involvement

Languages

- Auslan: Signing for the Deaf
- French: Beginners, Beginners 3, Beginners Plus
- German: Beginners Plus, Conversation.
- Italian: Beginners; Beginners Plus; Intermediate; Conversation
- Spanish: Beginners
- Useful Knowledge for Learning Languages

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
- Camera Basics
- Photobooks
- Windows 10 Beginners
- Windows 10 Advanced & Office:

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18SOC01 SOCIAL GROUP

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

See booklet for details

NEW

SUMMER SCHOOL

18HUM19 THE SUMMER CHAT

15, 22 & 29 JANUARY 2018

See booklet for details

CREATIVE ARTS

18ART01 CHINESE CALLIGRAPHY

Mike Li

5 February to 3 December 2018

Weekly Course, Mon 11:15-12:45

Would you like to learn about the history of Chinese Calligraphy, as well as some of the famous calligraphists and the different styles that they use? Learn how to manipulate one or many together to create a beautiful composition. Your tutor will advise what you need at your first lesson.

18ART02 CREATIVE CRAFTS

Marcia Gingold

8 February to 6 December 2018

Weekly Course, Thu 11:15-12:45

The happy buzz emanating from Room 4 comes from the industrious and talented members of the Creative Crafts class. Aply led by Marcia, and assisted by Sandra, this group gathers to learn, produce and exchange ideas on an assortment of crafts – knitting, crochet, needlework, quilting, embroidery and jewellery construction. We bring along our individual pieces and happy work away amidst chatter and shared appreciation/interest. Hurdles are overcome by the collective wisdom and experience of the members. We welcome newcomers and are excited by new ideas, so please come and join us.

18ART03 CREATIVE PHOTOGRAPHY

Keith Broad

8 February to 6 December 2018

Weekly Course, Thu 1:00-4:00

This course is designed for you to get the best from your digital camera or even your phone camera. The emphasis will be on composition and the approach to photographing a variety of subjects under different conditions. We will also meet at agreed locations outside U3A in order to photograph particular subjects. This course does not cover your camera's controls and settings.

18ART04 CREATIVE WRITING

Ann Simic

8 February to 6 December 2018

Weekly Course, Thu 9:30-11:00

Explore you creativity through writing of your choice – prose (including short stories, memoirs and flights of fancy) and poetry.

18ART05 DRAWING FOR AMATEUR ARTISTS

Keith Broad

7 February to 5 December 2018

Fortnightly, Wed 1:00-2:30

This is designed for students who want to develop the skills that will help them to create original art. It will focus on using different drawing materials, and aspects of drawing such as composition, line and mark making, and creative expression. This class will start on the first Wednesday of each term and is fortnightly.

18ART06 DRAWING FOR BEGINNING ARTISTS *Keith Broad*
6 February to 4 December 2018 **Fortnightly, Tue 11:15-2:30**

This course will provide beginning artists with a structured programme to develop foundational drawing skills. It will introduce students to various drawing materials and will take them through a series of developmental activities designed to remove the veil of drawing anxiety! This class will start on the first Tuesday of each term and is fortnightly.

18ART07 OIL PAINTING WORKSHOP *Manfred Jung*
9 February to 7 December 2018 **Weekly Course, Fri 1:00-4:00**

Enjoy exploring painting in a workshop class environment with supportive members in a friendly atmosphere. This is new painters and those who are more advanced.

18ART08 THE SOCIAL WATERCOLOURIST *Keith Broad*
5 February to 3 December 2018 **Weekly Course, Mon 1:00-4:00**

These sessions, organised and led by more advanced students, are for the artist who values the opportunity to work with others of like-mind. The course is designed to provide students with a creative and collaborative atmosphere. Throughout the year, this group will aim to produce works for the Celebration of Talent. Additionally, it provides those who lead busy lives with clear blocks of time to pursue their own passions.

18ART09 DRAWING FOR FUN (1ST & 3RD FRI) *Suren Sorenson*
9 February to 16 November 2018 **Fortnightly, Fri 9:30-11:00**

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

18ART10 MASTER OIL PAINTING (2ND & 4TH FRI) *Suren Sorenson*
16 February to 23 November 2018 **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.

EXERCISE : FITNESS, WALKING, RAMBLING, TAI CHI

18EXC01 EXERCISE TO MUSIC *June Hewitt*
5 February to 3 December 2018 **Weekly Course, 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. Please bring a yoga mat. This class is not available during Term 3.

18EXC02 RAMBLING ALL OVER**Suzanne Byrne****14 February to 5 December 2018 Second and Fourth weeks, Wed 9:00-2:00**

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.

18EXC03 STRETCH EASY**Annie McKernan****7 February to 5 December 2018****Weekly Course, Wed 9:30-11:00**

One hour of stretching exercises, which include standing, lying on the floor and sitting on a chair. This will be followed by half an hour of relaxation where you will learn the correct techniques to properly relax after exercise. Please bring a mat and a cushion. This course will be available in Terms 1, 2 and 4.

18EXC04 STRETCHING EXER WITH BANDS**June Hewitt****8 February to 6 December 2018****Weekly Course, 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. please bring a yoga mat and a drink bottle. This class is not available during Term 3.

18EXC05 BIKE RIDING (TERMS 1)**Peter Stirling****4 February to 15 April 2018****Weekly Course, Sun 8:30-12:00**

We ride on trails in and around S E Peninsula. We also ride with Mornington U3A each week. Sometimes catching the train to a location and riding home. Rides are 30kms to 40kms. We leave at about 8:30am and are home about lunchtime. A coffee break is had about the half-way point. Rides are neither too fast nor too 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 978 25069

18EXC06 TAI CHI**Zandra Daniels****6 February to 4 December 2018****Weekly Course, Tue 9:30-10:30**

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.

GAMES : MAHJONG, CHESS, CROSSWORDS**18GAM01 MAH JONG ADVANCED*****Kieth Pyke****14 February to 5 December 2018****Fortnightly, Wed 1:00-4:15**

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. Classes start on the 2nd week of each term.

18GAM02 MAH JONG ADVANCED****Kieth Pyke*****9 February to 7 December 2018****Fortnightly, Fri 1:00-4:15**

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. Classes start on the 1st week of each term.

18GAM03 MAH JONG INTERMEDIATE***Robyn Andrews*****5 February to 3 December 2018****Weekly Course, Mon 1:00-4:15**

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) All students are encouraged to obtain a copy of 'Improve your Mah Jong' by Patricia A. Thompson and Betty Maloney.

18GAM04 MAH JONG INTRODUCTION***Kieth Pyke*****5 February to 3 December 2018****Weekly Course, Mon 1:00-4:15**

This class requires no previous knowledge and each student receives direct instruction from a tutor. As students progress, they move to the Intermediate Class that is conducted at the same time so that they still have access to tutors. All students are encouraged to obtain "Improve your Mahjong" by Patricia A. Thompson and Betty Maloney.

18GAM05 RUMMIKUB***Brian Donnelly*****7 February to 5 December 2018****Weekly Course, Wed 1:00-2:30**

An entertaining game that encourages skill and thought, which is good for your health but also encourages socialising with your fellow members.

18GAM06 CANASTA***Anne Barnden*****9 February to 7 December 2018****Weekly Course, Fri 11:15-12:45**

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

18GAM07 CRYPTIC CROSSWORDS***Diane Johnson*****7 February to 5 December 2018****Weekly Course, Wed 9:30-11:00**

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

18GAM08 CHESS***Klaus Kurfurst*****5 February to 3 December 2018****Weekly Course, Mon 2:45-4:15**

Improve your skill with chess and learn how to play in a set time frame. You only need to know how the pieces move.

HUMAN INTEREST : CURRENT AFFAIRS HISTORY SCIENCE

18HUM01 AUST. INVOLVEMENT IN WW1 TERM 1 & 2 *Ross Wilkinson*
8 February to 29 June 2018 **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. Terms 1 & 2 Only

18HUM02 AUST. INVOLVEMENT IN WW1 TERM 3 & 4 *Ross Wilkinson*
19 July to 6 December 2018 **Weekly Course, Thu 11:15-12:45**

Detail as for as for Terms 1 and 2.

18HUM03 BIG IDEAS *Bill Puls*
7 February to 5 December 2018 **Weekly Course, Wed 11:15-12:45**

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

18HUM04 BOOK DISCUSSION GROUP 2ND TUE *Robyn Gould*
13 February to 4 December 2018 **Monthly, Tue 2:45-4:15**

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

18HUM05 CURRENT AFFAIRS *Ian Browne*
9 February to 7 December 2018 **Weekly Course, Fri 9:30-11:00**

A lively but friendly group discussion of international, Australian and local current affairs and social trends. Come along and participate or just listen.

18HUM06 GUT FEELING (NUTRITION & YOU) *Joanne Mujic*
5 February to 26 March 2018 **Weekly Course, 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.

18HUM07 HISTORY, PRE & ANCIENT**Paula Deane****5 February to 3 December 2018****Weekly Course, Mon 9:30-11:00**

We will look at:

- David Attenborough's First Life and Lost Worlds investigating the origins of life on earth.
- Dr Alice Roberts in the story of human evolution.
- Australia's ancient past In First Footprints, the oldest living culture.
- Ancient Rome and Egypt
- A History of Britain from 3000BC to 2000AD.
- Orbiting a year in our Earth's life – the story of Voyager and more.

18HUM08 HOW, WHAT, WHEN AND WHERE**John Howells****8 February to 28 June 2018****Weekly Course, Thu 2:45-4:15**

Brain fitness and memory training. 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.

18HUM09 LITERATURE & FILM STUDY**Margaret Mace****1 March to 6 December 2018****Weekly Course, Thu 9:30-11:00**

We study novels, plays and poetry and try to match, where possible, with a film. Term 1: Short stories of mixed authors.

Term 2: Judy Dench starring in 4 short stories "Talking to a Stranger" by John Hopkins

Term 3: Poetry across the ages

Term 4: Shakespeare or "Summer of the 17th Doll" by Ray Lawler.

18HUM10 INFO. GALORE FROM PODCASTS**Les Harper****6 February to 4 December 2018****Weekly Course, Tue 9:15-10:45**

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.

18HUM11 MINDFULNESS FOR LIFE**Shekhar Kamat****7 February to 5 December 2018****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.

18HUM12 RISK IN RETIREMENT TERM 1**Ross Wilkinson****5 February to 26 March 2018****Weekly Course, 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.

18HUM13 RISK IN RETIREMENT TERM 2**Ross Wilkinson****16 April to 25 June 2018****Weekly Course, Mon 2:45-4:15**

As for Term 1.

18HUM14 RISK IN RETIREMENT TERM 3**Ross Wilkinson****16 July to 17 September 2018****Weekly Course, Mon 2:45-4:15**

As for Term 1.

18HUM15 RISK IN RETIREMENT TERM 4**Ross Wilkinson****8 October to 3 December 2018****Weekly Course, Mon 2:45-4:15**

As for Term 1.

18HUM16 SCIENCE**Ross McLennan****6 February to 4 December 2018****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.

18HUM17 TAROT FOR BEGINNERS**6 February to 4 December 2018*****Gloria Kirkpatrick*****Weekly Course, Tue 1:00-2:30**

We will be studying all 78 cards of the Tarot individually, using the pictures on the cards and our intuition. When we start to understand the cards, we will practice readings, using our intuition, combined with the visuals and placement of cards. The Tarot will be used in a positive way to help and guide. You will need the Rider Waite card deck and an open mind. We have fun while we are learning but confidentiality is a key aspect of our class. It is important to attend as many classes as possible and you will be given a Certificate of Completion at the end of the year.

18HUM18 THE SPY NOVEL 5 AND 19 FEB**5 February to 19 February 2018*****Andrea McCall*****Fortnightly, Mon 11:15-12:45**

Based on fact or pure fabrication. How the Americans and the British write about their own spies and the spies of other nations. Real or not?

18HUM19 THE SUMMER CHAT (15, 22 & 29 JAN)**15 January to 29 January 2018*****Brian Donnelly*****Weekly Course, Mon 11:15-12:45**

A gathering of people to discuss subjects of interest in a friendly setting over the summer holidays. Bring a topic or article to inspire the conversation.

18HUM20 GREEK MYTHOLOGY**5 February to 3 December 2018*****Georgina Limnios*****Fortnightly, 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.

18HUM21 ENGLISH HISTORY PART 2**9 February to 7 December 2018*****Murray Adamthwaite*****Weekly Course, Fri 1:00-2:30**

This course will cover the period from James I to World War 1.

18HUM22 TAROT READING ADVANCED**7 February to 27 June 2018*****Gloria Kirkpatrick*****Monthly, Wed 2:45-4:45**

This is for those who have completed the Tarot Beginners course at U3A Frankston.

18HUM23 OVERLAY LEADLIGHT WINDOWS**5 February to 3 December*****Klaus Kurfurst*****Weekly, Mon 1:00pm-2:30pm**

Learn how to design and create small leadlight windows, standard glass or perspex. You will be advised what materials you will need at your first lesson.

LANGUAGES

18LAN01 AUSLAN

8 February to 6 December 2018

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.

18LAN02 FRENCH BEGINNERS 3

7 February to 5 December 2018

Annick Descoubes

Weekly Course, Wed 11:15-12:45

In the third year of this French Beginners Course, we will be continuing on from the second year and will complete the grammar and all the tenses. As the tutor is a native French speaker, there is also a strong focus on pronunciation and using the language in various day-to-day situations. Students who enrol in this course should have some command of French grammar and vocabulary. However, before being accepted into this course, you will need to take a test to ensure that you have a reasonable knowledge of the language.

18LAN03 FRENCH BEGINNERS

7 February to 5 December 2018

Lolita Sandrazie

Weekly Course, Wed 1:00-2:30

This course is aimed at those who want to learn French and have no previous knowledge. You will learn basic French starting with grammar, verbs, basic conversation from dictation and there will also be homework. French is the mother tongue of the tutor. Please note that this class is not for those who intend to travel and just want to learn a few words.

18LAN04 FRENCH BEGINNERS PLUS

7 February to 5 December 2018

Lolita Sandrazie

Weekly Course, Wed 2:45-4:15

This course is for those who have successfully completed basic French programmes and wish to continue to the next level. Emphasis will be on grammar, verbs, dictation and conversation. You will also be given homework. It is a prerequisite that students will have to take a written test to determine their suitability.

18LAN05 GERMAN BEGINNERS PLUS

8 February to 6 December 2018

Heidi Schliephake

Weekly Course, Thu 11:15-12:45

This class is about having fun together. If you have some knowledge of German and want to refresh your knowledge, please join us.

18LAN06 GERMAN CONVERSATION**Heinz Tiemoreit****8 February to 6 December 2018****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.

18LAN07 ITALIAN BEGINNERS**Maureen Mirabella****6 February to 4 December 2018****Weekly Course, Tue 2:45-4:15**

Here is an introduction to the melodic sounds and vocabulary of the Italian language. No prior knowledge is needed, just a love of all things Italian.

18LAN08 ITALIAN BEGINNERS PLUS**Maureen Mirabella****6 February to 4 December 2018****Weekly Course, Tue 11:15-12:45**

This class is about having fun together. If you have some knowledge of Italian and want to refresh your knowledge, please join us.

18LAN09 ITALIAN CONVERSATION**Giuliano Carboni****5 February to 3 December 2018****Weekly Course, Mon 9:30-11:00**

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

18LAN10 ITALIAN INTERMEDIATE**Maureen Mirabella****6 February to 4 December 2018****Weekly Course, Tue 9:30-11:00**

This is for those who have fallen in love with the romantic Italian language and who want to venture further into the structure, fun and challenges of Italian.

18LAN11 SPANISH BEGINNERS**Susana Jeffrey****9 February to 7 December 2018****Weekly Course, Fri 11:15-12:45**

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

18LAN12 USEFUL KNOWLEDGE FOR LEARNING LANGUAGES**Mary****Sanghvi****6 February to 27 March 2018****Weekly Course, Tue 11:15-12:45**

This class will cover grammar for language learners – nouns, pronouns, adjectives, the possessive, verb tenses and gender. This is essential preparation for learning a foreign language successfully. Members who speak English as a second language and struggle with the grammar may also benefit from this course. The tutor is the author of English Wiz*, an online English course for k-12, used by thousands of students world-wide. She speaks French, a bit of Italian and is also familiar with Latin, Gujarati and German.

MUSIC : CHOIR, CLASSIC JAZZ OPERA APPRECIATION

18MUS01 CHOIR

Anne Credlin

8 February to 6 December 2018

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 the year's school holidays.

18MUS02 COMMUNAL GUITAR

Bill Diver

7 February to 6 December 2018

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 .

18MUS03 A'CAPELLA GROUP

Joanne Mujic

8 February to 6 December 2018

Weekly Course, Thu 2:45-4:15

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

18MUS04 JAZZ CHORAL GROUP TERM 1 & 2

Marian de Souza

9 February to 29 June 2018

Weekly Course, Fri 2:45-4:15

This class will focus on singing popular songs from the 1920s to 1960s, and then some. The aim is to have fun, first and foremost, by using an informal, creative approach to group singing, and learning and improvising simple harmonies and syncopated rhythms. As well, if class members play instruments, they can bring them along to play with the group and help to create a jazz ensemble.

18MUS05 THE SINGERS & THE SONG

Peter Wright

5 February to 3 December 2018

Weekly Course, Mon 11:15-12:45

This class aims to provide a jazz listening experience where songs come from that musical treasure trove known as the Great American Songbook; think – Gershwin, Rodgers and Hart, Cole Porter and the rest. Discussion welcome.

18MUS06 THE WORLD OF CLASSIC JAZZ

Peter Wright

5 February to 3 December 2018

Weekly Course, Mon 9:30-11:00

This class aims to introduce people to the various styles of jazz in a friendly listening/discussion type manner. No previous knowledge of music is required.

18MUS07 FOLK GUITAR AND SINGALONG**Margaret Gleadall****8 February to 6 December 2018****Weekly Course, Thu 11:30-12:45**

The class will focus on basic guitar details, such as, structure, care and tuning; chords and theory; ear training; singing along to guitar accompaniment; strumming and singalong sessions. All students must have their own guitar and will require a folder for handouts.

SOCIAL ACTIVITIES**18SOC01 SOCIAL GROUP****Sue Ansell****6 March to 4 December 2018****Monthly, Tue 11:15-0:00**

Would you like to have coffee or lunch with other U3A members. We meet every Tuesday at Cracked Pepper which is within Frankston RSL. Coffee at 11.15am and stay for lunch if you wish. Occasionally some of go to the movies in the afternoon. Starts 8 March 2018.

TECHNICAL : COMPUTERS, SMARTPHONE, TABLETS**18TEC01 APPLE IPAD FOR BEGINNERS TERM 1****Peter Stebbins****7 February to 7 March 2018****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. There will be classes in Terms 2, 3 and 4.

18TEC02 APPLE IPAD FOR BEGINNERS (TERM 2)**Peter Stebbins****18 April to 27 June 2018****Weekly Course, Wed 1:00-2:30**

All details as for Term 1.

There is no waiting list available for this class as students will not be accepted after the class has started. There will be classes in Terms 3 and 4.

18TEC03 APPLE IPAD FOR BEGINNERS (TERM 3)**Peter Stebbins****18 July to 19 September 2018****Weekly Course, Wed 1:00-2:30**

All details as for Term 1. There is no waiting list available for this class as students will not be accepted after the class has started. There is another class in Term 4.

18TEC04 APPLE IPAD FOR BEGINNERS (TERM 4) *Peter Stebbins*
10 October to 5 December 2018 **Weekly Course, Wed 1:00-2:30**
All details as for Term 1. There is no waiting list available for this class as students will not be accepted after the class has started

18TEC05 CAMERA BASICS TERM 1 *Keith Broad*
7 February to 28 March 2018 **Weekly Course, Wed 9:30-11:00**
This course will assist you to understand the settings of your camera or even your phone camera. So if you don't understand why you are not getting well-exposed, sharp photos, then this course is for you. On occasions, we will meet at agreed locations outside U3A. This is a one term short course and will be repeated during the year.

18TEC06 CAMERA BASICS TERM 2 *Keith Broad*
18 April to 27 June 2018 **Weekly Course, Wed 9:30-11:00**
All details as for Term 1.

18TEC07 CAMERA BASICS TERM 3 *Keith Broad*
18 July to 19 September 2018 **Weekly Course, Wed 9:30-11:00**
All details as for Term 1.

18TEC08 CAMERA BASICS TERM 4 *Keith Broad*
10 October to 5 December 2018 **Weekly Course, Wed 9:30-11:00**
All details as for Term 1.

18TEC09 PHOTOBOOKS *Peter Stirling*
6 February to 27 March 2018 **Weekly Course, Tue 11:00-12:30**
Create a personalised photo book to celebrate your holidays, grandchildren or other milestone moments

18TEC10 WINDOWS 10 *Peter Stirling*
6 February to 27 March 2018 **Weekly Course, Tue 1:15-2:45**
This course is an introduction for members who are running Windows 10. We will also discuss the differences between windows 7 and 10. This course will cover items such as: Desktop and start Menu, settings and Apps, handling Files and Folders, using emails and using the Internet with favourites, and many more if you bring your Windows 10 questions along.

18TEC11 WINDOWS 10 TERM 2 *Peter Stirling*
17 April to 26 June 2018 **Weekly Course, Tue 1:15-2:45**
Class description as for Term 1.

18TEC12 PHOTOSTORY TERM 2**Peter Stirling****17 April to 15 May 2018****Weekly Course, Tue 11:15-12:45**

Bring digital photos of grandchildren or holidays to life. Add background music and burn to a DVD to watch on TV. Please bring 50 photos on a memory stick or CD to the first class. It would be helpful to know how to burn a DVD but not essential. This is a 5 week course.

18TEC14 WINDOWS 10 TERM 1**Mark Wilson****7 February to 28 March 2018****Weekly Course, Wed 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.

18TEC15 WINDOWS 10 TERM 3**Mark Wilson****18 July to 19 September 2018****Weekly Course, Wed 11:15-12:45**

All details as for Term 1.

18TEC16 WINDOWS 10 ADVANCED & OFFICE TERM 2**Mark Wilson****18 April to 27 June 2018****Weekly Course, Wed 11:15-12:45**

This course will cover the more advanced aspects of Windows 10 and also cover Office.

18TEC17 WINDOWS 10 ADVANCED & OFFICE TERM 4**Mark Wilson****10 October to 5 December 2018****Weekly Course, Wed 11:15-12:45**

All details as for Term 2.

18TEC18 MODERN TECHNOLOGY (TERM 1)**Mark Wilson****5 February to 26 March 2018****Weekly Course, 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.

18TEC19 MODERN TECHNOLOGY (TERM 2)**Mark Wilson****16 April to 25 June 2018****Weekly Course, Mon 9:30-11:00**

All details as for Term 1.

18TEC20 MODERN TECHNOLOGY (TERM 3)

Mark Wilson

16 July to 17 September 2018

Weekly Course, Mon 9:30-11:00

All details as for Term 1.

18TEC21 MODERN TECHNOLOGY (TERM 4)

Mark Wilson

8 October to 3 December 2018

Weekly Course, Mon 9:30-11:00

All details as for Term 1.

YOGA

18YOG01 YOGA HATHA

Elisa Goldenberg

6 February to 4 December 2018

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.

18YOG02 HOLISTIC YOGA

Marilyn Howe

6 February to 4 December 2018

Weekly Course, Tue 2:45-4:15

This class is for all abilities. We practice Asana, Pranayama, Meditation and Yoga Nidra. These are beneficial for increased flexibility, and strength in body and mind.

18YOG03 HOLISTIC YOGA

Marilyn Howe

8 February to 6 December 2018

Weekly Course, Thu 9:30-11:00

This class is for all abilities. We practice Asana, Pranayama, Meditation and Yoga Nidra. These are beneficial for increased flexibility, and strength in body and mind.