



CLASS BOOKLET 2018 TERM 4



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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 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:	John Howells
Treasurer:	Jennifer Hume
Secretary:	Bethy Birch
Committee:	Leonie Price (Office Manager), Keith Broad (Course Co-ordinator), Peter Stebbins, Mark Wilson, David Dobson, Margaret Gleadall, Manfred Jung, Barbara McColl

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 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.
3. 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.
4. Please do not expect that because you were in a class last year that you will be given first priority for the following year.
5. 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
Technology 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, **committee** 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
- Multi Media

Exercised Based

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

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
- Science
- Tarot for Beginners
- The Spy Novel
- World War 1 Aust. Involvement
- Philosophy

Languages

- Auslan: Signing for the Deaf
- French: Beginners, Beginners 3, Beginners Plus
- German: Beginners Plus, Conversation.
- Italian: Beginners; Beginners Plus; Intermediate
- 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
- 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

ART : CREATIVE ARTS

18ART01 CHINESE CALLIGRAPHY

5 February to 3 December 2018

Fee \$10 Mike Li

Weekly Course, Mon 11:15-12:45

In this course you will learn about the history and art of Chinese Calligraphy, as well as some of the famous calligraphists and the different styles that they use. This course will also teach you how to handle your calligraphy brush; perform different strokes; and go on to produce elegant Chinese characters. Your tutor will advise what you need at your first lesson.

18ART02 CREATIVE CRAFTS

8 February to 6 December 2018

Fee \$10 Marcia Gingold

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. Please come and join us.

18ART03 CREATIVE PHOTOGRAPHY**8 February to 6 December 2018**

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.

Class Fee \$20 Keith Broad**Weekly Course, Thu 1:00-4:00****18ART04 CREATIVE WRITING****8 February to 6 December 2018**

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

Class Fee \$10 Ann Simic**Weekly Course, Tue 9:30-11:00****18ART06 DRAWING FOR BEGINNING ARTISTS Class Fee \$20 Dave Goldsmith****6 February to 4 December 2018**

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.

Fortnightly, Tue 11:15-2:30**18ART07 OIL PAINTING WORKSHOP****9 February to 7 December 2018**

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

Class Fee \$20 Dave Goldsmith**Weekly Course, Fri 1:00-4:00****18ART08 THE SOCIAL WATERCOLOURIST****5 February to 3 December 2018**

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. Additionally it provides those who lead busy lives with clear blocks of time to pursue their own passions.

Class Fee \$20 Keith Broad**Weekly Course, Mon 1:00-4:00**

18ART13 FRIDAY MORNING ART CLUB Class Fee \$ 20 Keith Broad

3 August To 7 December 2018

Weekly Course, Fri 9:30-12.45

Friday Morning Art Club is a class that will accommodate students interested in a variety of art media. The art club is supported by tutor, Keith Broad.

He will guide students on their individual art projects as well as provide tutorials on drawing, composition and colour. Keith will also demonstrate techniques and monitor their application by students. Keith likes his classes to be informal, possess a sunny disposition, and so, enable students to finish the week on an upbeat note!

18ART11 HAVING FUN WITH MIXED MEDIA (TERM 4) Class Fee \$20

19 July TO 6 December 2018

Weekly, Thursday 1:00-2:45pm

This is a social, fun activity lead by Carole Hine. Carole loves to make colourful images mixing acrylic paints with all sorts of media, such as sequins, buttons, string, etc. This activity aims to unlock the creative urge of people like you!

Carole wants these sessions to explore ideas, such as decorating lampshades, baskets or other everyday items. Sounds like fun? Well it sure is. Please note: this activity may need to change rooms or times in the 4th term.

EXERCISE : FITNESS, WALKING, RAMBLING, TAI CHI

18EXC01 EXERCISE TO MUSIC

Class Fee \$10 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

18EXC02 RAMBLING ALL OVER

Class Fee \$5.00 Suzanne Byrne

14 February to 5 December 2018

2nd & 4th 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

Class Fee \$10 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.

18EXC04 STRETCHING EXER WITH BANDS **Class Fee \$10 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.

18EXC06 TAI CHI **Class Fee \$10 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.

18EXC11 Social Table Tennis **Class Fee \$40.00 Manfred Jung**
9 October to 7 December 2018 **Weekly Course, Tues 3.30-5.30**

Table Tennis in a friendly and sociable environment. Own equipment preferable, but not essential. This will be held in the John Paul College Table Tennis rooms on campus. Beginners welcome.

GAMES : MAHJONG, CHESS, CROSSWORDS

18GAM01 MAH JONG ADVANCED* **Class Fee \$10 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* **Class Fee \$10 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 **Class Fee \$20** **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 **Class Fee \$20** **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 **Class Fee \$10** **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 **Class Fee \$10** **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 **Class Fee \$10** **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**
If you enjoy playing chess, improve your skills with an experienced chess player.

18GAM10 BOARD GAME DAY **Class Fee \$5** **Andrea McCall**
26 October 2018 **Room 3** **One day event, 3:00-5:00pm**
Come along for a social fun time with a friendly group of gamers.
A variety of board and card games will be available.

18GAM11 BOARD GAME DAY

Class Fee \$5 Andrea McCall

30 November 2018

Room 3

One day event, 3:00-5:00pm

Come along for a social fun time with a friendly group of gamers.

A variety of board and card games will be available.

HUMAN IN : CURRENT AFFAIRS HISTORY SCIENCE

18HUM01 AUST. INVOLVEMENT IN WW1 **Class Fee \$10** **Ross Wilkinson**
8 February to 6 December 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.

18HUM03 BIG IDEAS **Class Fees \$10** **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 **Class Fee \$10** **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.

8HUM07 HISTORY, PRE & ANCIENT **Class Fee \$10** **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.

18HUM09 LITERATURE & FILM STUDY

1 March to 6 December 2018

Class Fee \$10 Margaret Mace

Weekly Course, Thu 9:30-11:00

We study novels, plays and poetry and try to match, where possible, with a film.

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

18HUM10 A COCKTAIL OF INFORMATION

Les Harper

Class Fee \$10

6 February to 4 December 2018

Weekly, Tues 9.15-10.45

In this course we will take you on journeys of discovery revealing the latest findings in SCIENCE, MEDICINE, THE COSMOS, PSYCHOLOGY and PHILOSOPHY. We will hear about the LIVES OF INDIVIDUAL who may not be well known but who have achieved great things.

We will explore the internet and show you where these gems of information are hidden.

You will have plenty of time for discussion and self-expression in a friendly and enjoyable atmosphere.

18HUM11 MINDFULNESS FOR LIFE

7 February to 5 December 2018

Class Fee \$10 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.

18HUM16 SCIENCE

6 February to 4 December 2018

Class Fee \$10 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.

18HUM17 TAROT FOR BEGINNERS**Class Fee \$10 Gloria Kirkpatrick****6 February to 4 December 2018****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.

18HUM20 GREEK MYTHOLOGY**Class Fee \$5****Georgina Limnios****5 February to 3 December 2018****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**Class Fees \$10****Murray Adamthwaite****9 February to 7 December 2018****Weekly Course, Fri 1:00-2:30**

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

8HUM22 TAROT READING ADVANCED**Gloria Kirkpatrick****7 February to 5 December 2018****Monthly, Wed 2:45-4:45**

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

18HUM27 "THE SELF" (Philosophy)**18 July to 6 December 2018****Class Fee \$10 Ross McLennan****Weekly, Wed 9.30 – 11.00**

A symmetry exists between those thinkers of late antiquity such as Augustine and thinkers from The Age of Enlightenment such as Voltaire and it is the dichotomy of their viewpoints that this course explores.

The course comprises audio recordings of lectures given by two prominent academics, Professor Phillip Carey (Eastern University) and Professor Leo Damrosch (Harvard University). Professor Carey lectures on the writings of Augustine and Professor Damrosch on figures from The Age of Enlightenment in 18th century Western Europe. Augustine lived in late antiquity (354CE to 430CE), the historical period between the ancient classical world and the Middle Ages. His thinking combined the new concepts of Christianity with the philosophy of Platonism and was to greatly influence the evolving Christian church. Especially attractive to Augustine was the concept of being born in sin and of a non-bodily, eternal mode-of-being attributable to God. By contrast, Enlightenment thinkers such as Voltaire, Rousseau and others preferred to ascribe a more positive value to a world that made pride a virtue and fulfilment a consequence of social interaction rather than self-disciplining solitude.

There will be ample time each session to discuss with others and express your point of view. Emphasis will be placed on good fellowship, the sharing of ideas and tolerance for alternative views.

18HUM32 First Aid**One day course****9 November 2018****Room 3**

This 1SDO Community First Aid Course is a single 3 hour session and aims to provide you with basic first aid skills as well as the knowledge and skills to help in an emergency. The cost of the session is \$15 per person. To be paid at time of booking. No Refunds.

18HUM33**Andrea's Pot Pourri****One day courses****Class Fee \$10****Andrea McCall****Mondays, 11:00 -12:00, Room 4**

Some fact, some fiction and some a little of both. Come along and listen - all opinions welcome.

8 October - The French Revolution

22 October - Women and Crime

12 November - Women and their wanderings (TBA)

19 November - Women in the Creative Arts.

LANGUAGE : LANGUAGES

18LAN01 AUSLAN

8 February to 6 December 2018

Class Fee \$10

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

Class Fee \$10

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

Class Fee \$10

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

Class Fee \$10

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

Class Fee \$10

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**8 February to 6 December 2018**

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.

Class Fee \$10 **Siggi Piper****Weekly Course, Thu 1:00-2:30****18LAN07 ITALIAN BEGINNERS****6 February to 4 December 2018**

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.

Class Fee \$10 **Maureen Mirabella****Weekly Course, Tue 2:45-4:15****18LAN08 ITALIAN BEGINNERS PLUS****6 February to 4 December 2018**

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

Class Fee \$10 **Maureen Mirabella****Weekly Course, Tue 11:15-12:45****18LAN10 ITALIAN INTERMEDIATE****6 February to 4 December 2018**

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.

Class Fee \$10 **Maureen Mirabella****Weekly Course, Tue 9:30-11:00****18LAN11 SPANISH BEGINNERS****9 February to 7 December 2018**

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

Class Fee \$10 **Susana Jeffrey****Weekly Course, Fri 11:15-12:45****MUSIC : CHOIR, CLASSIC JAZZ OPERA APPRECIATION****18MUS01 CHOIR****8 February to 6 December 2018**

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.

Luke Severn**Weekly Course, Thu 9:30-12:30****18MUS02 COMMUNAL GUITAR****7 February to 6 December 2018**

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

Class Fee \$10 **Bill Diver****Weekly Course, Wed 2:45-4:15**

18MUS03 A'CAPELLA GROUP
8 February to 6 December 2018

Class Fee \$10 Joanne Mujic
Weekly Course, Thu 2:45-4:15

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

18MUS05 THE SINGERS & THE SONG
5 February to 3 December 2018

Class Fee \$10 Peter Wright
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
5 February to 3 December 2018

Class Fee \$10 Peter Wright
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 **Class Fee \$10**

8 February to 6 December 2018

Margaret Gleadall
Weekly Course, Thu 11:15-12:45

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 : SOCIAL ACTIVITIES

18SOC01 SOCIAL GROUP

No Class Fee

Sue Ansell

6 March to 4 December 2018

Weekly, Tue 11:15-0:00

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

TECH : COMPUTERS, SMARTPHONE, TABLETS

18TEC04 APPLE IPAD FOR BEGINNERS (TERM 4)

Class Fee \$20

Peter Stebbins

10 October to 5 December 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.

18TEC17 WINDOWS 10 ADVANCED & OFFICE TERM 4

Class Fee \$20

Mark Wilson

10 October to 5 December 2018

Weekly Course, Wed 11:15-12:45

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

18TEC21 MODERN TECHNOLOGY (TERM 4)

Class Fee \$20

Mark Wilson

8 October to 3 December 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 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 (and the device if possible) or just find out what troubles other people are having.

YOG : YOGA

18YOG01 YOGA HATHA

Class Fee \$10 **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.

NOTES