

Term 2



CLASS BOOKLET 2019



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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:	Andrea McCall
Vice-President:	Barbara McColl
Treasurer:	Jennifer Hume
Secretary:	Bethy Birch
Committee:	Leonie Price (Office Manager), Bob Favoloro (Course Co-ordinator), Peter Stebbins, Mark Wilson, David Dobson, Manfred Jung, Dennis Mason

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 2019

- Term 1 4 February to 5 April (closed Labour Day 11 March)
- Term 2 23 April to 28 June (closed Anzac Day Thursday, 25 April and Queen's Birthday Monday, 10 June)
- Term 3 15 July to 20 September
- Term 4 7 October to 6 December (closed Cup Eve Monday 4 November and Cup Day Tuesday 5 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 are 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 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 week 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 will 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 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 always wear your U3A Frankston lanyard/name tag for health and safety reasons in case we have an emergency evacuation and 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
- Dancing
- Exercise to Music
- Rambling All Over
- Stretching Exercises
- Tai Chi
- Yoga: Relaxing with Yoga, Yoga Hatha, Holistic Yoga

Games

- Canasta
- Cryptic Crosswords
- Mah-jong: 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

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
- Camera Basics
- Photobooks
- Tablets and Smart Phones
- Windows 10 Beginners
- Windows 10 Advanced & Office

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ART: CREATIVE ARTS

19ART01 CREATIVE CRAFTS **7 February to 5 December 2019**

Marcia Gingold
Weekly Course, Thu 11:15-12:45
Location: Room 4

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 beading. We bring along our individual pieces and happily 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. Beginners and learners are very welcome.

19ART02 CREATIVE PHOTOGRAPHY **7 February to 6 December 2019**

Keith Broad
Weekly Course, Thu 1:00-4:00
Location: Room 2

This course is designed for people who not only want to develop their photographic skills, but also have a whale of a time doing it.

Over the year, students will learn

- * elements of composition
- * working with different light conditions
- * how to photograph a wide variety of subjects, and
- * what is needed to develop observational skills.

Typically, this course will meet at a designated location one week, then meet back at U3A Frankston the following week

19ART03 MONDAY AFTERNOON ART CLUB **4 February to 6 December 2019**

Keith Broad
Weekly Course, Mon 1:00-4:00
Location: Room 4

What a way to start your week! Get your creative juices flowing. Whilst these sessions are led by Keith, students are encouraged to develop their own art projects using the media of their choice. Keith will mentor students individually with their projects and he will also provide demonstrations of techniques and discuss ways to develop inspiration. Topics that will be covered through the year will be; drawing, composition, colour, watercolour techniques and developing individual creativity.

19ART04 FRIDAY MORNING ART CLUB
8 February to 6 December 2019

Keith Broad
Weekly Course, Fri 9:30-12:45
Location: Room 4

FMAC 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, with a sunny disposition, so you are invited to finish you week on an upbeat note!

19ART06 HAVING FUN WITH MIXED MEDIA
7 February to 5 December 2019

Carole Hine
Weekly Course, Thu 13:00-14:30
Location: Room 4

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.

19ART07 CREATIVE WRITING
5 February to 3 December 2019

Ann Simic
Weekly Course, Tue 9:30-11:00
Location: Room 3

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

19ART08 OIL PAINTING WORKSHOP. TERM 3 & 4
19 July to 6 December 2019

Dave Goldsmith
Weekly Course, Fri 1:00-4:00
Location: Room 4

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. note TERMS 3 & 4 ONLY.

19ART09 DRAWING FOR BEGINNING ARTISTS**5 February to 3 December 2019****Dave Goldsmith****Fortnightly, Tue 11:15-2:30****Location: Room 4**

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.

19ART10 OIL PAINTING WORKSHOP TERMS 1 & 2**8 February to 1 December 2019****Carolyn Seymour****Weekly Course, Fri 1:00-4:00****Location: Room 4**

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.

EXERCISE**FITNESS, WALKING, RAMBLING, TAI CHI****19EXC01 RAMBLING ALL OVER****13 February to 4 December 2019****Suzanne Byrne****Fortnightly, Wed 9:00-2:00****Location: Off Campus**

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. In the event the temperature of the day is forecast to exceed 35C, our Ramble for that day will not proceed.

19EXC02 EXERCISE TO MUSIC. TERMS 1, 2 & 4**4 February to 2 December 2019****June Hewitt****Weekly Course, Mon 9:30-11:00****Location: Frankston North Comm**

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.

19EXC03 SOCIAL GOLF**8 February to 6 December 2019****Bob Favaloro****Weekly Course, Fri 9:00-4:00****Location: Off Campus**

Join us for a social game of golf and some friendly banter. Centenary Park Golf Course, Friday morning 9am, 18 Holes \$23, 9 Holes \$18. Clubs and buggy can be hired. Stay and enjoy a drink (coffee, beer or wine) and chat after the game. Open to all levels of golfers. Group lessons can be arranged.

19EXC05 BIKE RIDING**10 February to 24 November 2019****Peter Stirling****Weekly Course, Sun 8:30-12:00****Location: Off Campus**

We ride on trails in and around S.E. Peninsula, sometimes catching the train to a location and riding home. We also ride with Mornington U3A each week. 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 to advise meeting place and time for the next ride. For members requiring information on shorter rides please ring Peter Stirling on 9782 5069.

19EXC06 DANCE FOR FITNESS & WELL-BEING**6 February to 4 December 2019****Bob Favaloro****Weekly Course, Wed 13:00-14:30****Location: Bruce Park Hall**

Join us for dancing and improve your fitness, balance and help reverse ageing within your brain, as you master new dance steps. All ballroom styles will be taught and practiced, including the Waltz, Slow Foxtrot, Evening Three Step, Gypsy Tap, Seniors' Jive, Cha Cha, Rhumba and more. Put on your dancing shoes and learn with Peninsula's most experienced dance instructor. The class will include one hour of instruction. \$45 per term

19EXC08 STRETCHING EXERCISE WITH BANDS**7 February to 5 December 2019****June Hewitt****Weekly Course, Thu 2:45-4:15****Location: St Lukes Church Hall**

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.

19EXC09 TAI CHI**5 February to 3 December 2019****Zandra Daniels****Weekly Course, Tue 9:30-10:30****Location: Frankston North Comm**

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 those with arthritis.

19EXC10 SOCIAL TABLE TENNIS**5 February to 3 December 2019****Cancelled Term 2****Manfred Jung****Weekly Course, Tue 3:30-5:30****Location: John Paul College**

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. Term fee \$40.00 payable at commencement of term.

GAMES: MAHJONG, CHESS, CROSSWORDS**19GAM01 MAHJONG INTERMEDIATE****4 February to 6 December 2019****Robyn Andrews****Weekly Course, Mon 1:00-4:15****Location: Room 3**

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.

19GAM02 MAHJONG INTRODUCTION**4 February to 6 December 2019****Keith Pyke****Weekly Course, Mon 1:00-4:15****Location: Room 3**

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 a copy of "Improve your Mah-jong" by Patricia A. Thompson and Betty Maloney.

19GAM03 MAHJONG ADVANCED**6 February to 4 December 2019****Keith Pyke****Weekly Course, Wed 1:00-4:15****Location: Room 4**

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.

19GAM04 RUMMIKUB**6 February to 4 December 2019****Brian Donnelly****Weekly Course, Wed 1:00-2:30****Location: Room 1**

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

19GAM06 CANASTA**8 February to 6 December 2019****Anne Barnden****Weekly Course, Fri 11:15-12:45****Location: Room 3**

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

19GAM07 CRYPTIC CROSSWORDS**6 February to 4 December 2019****Diane Johnson****Weekly Course, Wed 9:30-11:00****Location: Room 3**

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

HUMAN IN**CURRENT AFFAIRS HISTORY SCIENCE****19HUM01 LITERATURE & FILM STUDY****7 February to 5 December 2019****Margaret Mace****Weekly Course, Thu 9:30-11:00****Location: Room 3**

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

Term 1: "12 Angry Men" by Reginald Rose.

Term 2: "Summer of the 17th Doll" by Ray Lawler.

Term 3: Shakespeares "King Lear".

Term 4: "Night" by Elie Wiesel.

19HUM02 BIG IDEAS**6 February to 4 December 2019****Bill Puls****Weekly Course, Wed 11:15-12:45****Location: Room 3**

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

19HUM04 HISTORY AND MORE (FROM THE GREAT COURSES) Paula Deane
4 February to 6 December 2019 **Weekly Course, Mon 9:30-11:00**
Location: Room 4

We will study:

- * the history of the Vikings
- * Greek and Roman technology from the catapult to the Parthenon
- * museum masterpieces from the London Gallery
- * Pompeii - daily life in an ancient Roman city, and
- * the history and achievements of Islam's golden age.

19HUM06 ANDREA'S RUMINATIONS **Andrea McCall**
4 February to 8 April 2019 **Fortnightly, Mon 11:15-12:45**
Location: Room 4

This short course will examine:

- 4th February: The Victorian Governess.
- 11th February: Women in Power.
- 4th March: Women of Influence.
- 18th March: Women at Work.

19HUM07 BOOK DISCUSSION GROUP 2ND TUE **Robyn Gould**
12 February to 12 November 2019 **Monthly, Tue 2:45-4:15**
Location: Room 2

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

19HUM08 ADVANCED TAROT CARDS. TERM 1 & 2 **Gloria Kirkpatrick**
5 February to 2 June 2019 **Weekly Course, Tue 1:00-2:30**
Location: Room 1

This is for those who have completed the Tarot Beginners course or anyone who knows how to read Tarot Cards and has a good knowledge of Tarot reading. No beginners please. Term 1 & 2 only.

19HUM09 SCIENCE**5 February to 3 December 2019****Ross McLennan****Weekly Course, Tue 1:00-2:30****Location: Room 3**

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.

19HUM10 PHILOSOPHY**6 February to 4 December 2019****Ross McLennan****Weekly Course, Wed 9:30-11:00****Location: Room 1**

This year, lectures will be drawn from, "Mind-Body Philosophy" by Patrick Grim, "Great Ideas of Philosophy" by Daniel Robinson, "Mathematics, Philosophy and the Real World" by Judith Grabiner, "Great Thinkers, Great Theorems" by William Durham. All presenters are acclaimed academics at leading American universities who will present their lectures in video form. Please book your front row seat for this feast of engaging thought and lively discussion. No prior knowledge is necessary but a willingness to engage is desirable.

19HUM13 DRAMA CLASS**5 February to 3 December 2019****T.B.A.****Weekly Course, Tue 4:30-5:30****Location: Room 2**

Do you want to develop your acting abilities, write plays both short and long, participate in stage productions, producing plays, managing onstage operations and arranging equipment to promote the stage activities? This drama school that is your drama school will be a family of drama people and will be involved in all things theatrical. Your ideas, shared as a team, whether on stage or behind the scenes you will be a feature of a successful production. Once you went to see your children on stage now it's their turn to see you on stage, imagine, little Jimmy or little Susie saying there's my pop or there's my grandma on stage and you are, we are the idol of the world, "here comes the star" it will be you, it will be us, all dressed up, wearing make-up, it will make you feel young again and why not, actors, play writes, producers, and directors they never age they just get better as they are immersed in the world of make believe.

U3A Drama School will meet at flexible times, in various rooms and locations all meeting times will be given at each rehearsal, and via email and texts message.

19HUM15 TAROT FOR BEGINNERS

7 February to 5 December 2019

Anne Maree Warne

Weekly Course, Thu 9:30-11:00

Location: Room 1

We begin by learning about the deck of Tarot cards.

Progressing through each card and their suits. Further on we will practice reading the cards. It is recommended to use the Rider Waite Card deck. Notes will be provided.

19HUM16 MINDFULNESS FOR LIFE

6 February to 4 December 2019

Shekhar Kamat

Weekly Course, Wed 9:30-11:00

Location: Room 4

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.

19HUM18 AUST. INVOLVEMENT IN WW1 TERM 3 & 4

15 July to 2 December 2019

Ross Wilkinson

Weekly Course, Mon 11:15-12:45

Location: Room 1

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.

19HUM20 NUMISMATICS FOR BEGINNERS. TERM 2

29 April to 24 June 2019

Ross Wilkinson

Weekly Course, Mon 11:15-12:45

Cancelled Term 2

Location: Room 1

Why do we collect coins, medals and banknotes? How do we grade them? Care and cleaning. Tips and traps. Term 2 only.

19HUM22 CURRENT AFFAIRS

8 February to 6 December 2019

Ian Browne

Weekly Course, Fri 9:30-11:00

Location: Room 3

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

19HUM23 RUSSIAN HISTORY
8 February to 6 December 2019

Murray Adamthwaite
Weekly Course, Fri 1:00-2:30
Location: Room 3

Most peoples' knowledge of Russia begins with the Revolutions of 1917, but they know little about its history prior to that. This course covers the origins of the Slavic peoples of the Asian landscape, the Viking incursions, and the way the Mongol invasions shaped the Russian psyche. The rise of the Romanov dynasty, which then ruled Russia for 300 years, is traced, culminating in the tumultuous reign of its last Tsar, Nicholas II, and his overthrow during the First World war.

19HUM25 AUST. INVOLVEMENT IN WW2 TERM 3 & 4
18 July to 5 December 2019

Ross Wilkinson
Weekly Course, Thu 11:15-12:45
Location: Room 1

This class will review the causes of World War Two 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 3 & 4 Only

19HUM27 FAMILY HISTORY
25 March to 15 April 2019

None
Random dates as specified, Mon 10:00-12:00
Location: None

Dive into your family history with this four-week course conducted by experts from the Mornington Peninsula Family History Society. Introductory session: 10:00-12:00 noon, Monday, 25 March (at U3A Frankston) 10:00-12:00 noon, 1 April 10-12:00 noon, 8 April 10:00-12:00 noon, 15 April 10:00-12.00noon at the Library of MPFHS, Frankston South Community Centre, Towerhill Rd. Cost is \$45
NOTE: MAXIMUM OF 10 ENROLMENTS ONLY.

LANGUAGE: LANGUAGES

19LAN01 ITALIAN BEGINNERS
5 February to 5 December 2019

Maureen Mirabella
Weekly Course, Tue 2:45-4:15
Location: Room 3

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.

19LAN02 ITALIAN BEGINNERS PLUS
5 February to 3 December 2019

Maureen Mirabella
Weekly Course, Tue 11:15-12:45
Location: Room 3

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

19LAN03 ITALIAN INTERMEDIATE
5 February to 3 December 2019

Maureen Mirabella
Weekly Course, Tue 9:30-11:00
Location: Room 1

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.

19LAN04 FRENCH BEGINNERS
6 February to 4 December 2019

Lolita Sandrazie
Weekly Course, Wed 1:00-2:30
Location: Room 3

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, 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.

19LAN05 FRENCH BEGINNERS PLUS
6 February to 4 December 2019

Lolita Sandrazie
Weekly Course, Wed 2:45-4:15
Location: Room 1

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 new students will have to take a written test to determine their suitability.

19LAN06 SPANISH BEGINNERS. TERM 1, 2 & 4
8 February to 6 December 2019

Susana Jeffrey
Weekly Course, Fri 11:15-12:45
Location: Room 1

We learn the basics of the Spanish language in a relaxed atmosphere. Term 1, 2 & 4 only. NOTE: This course will NOT be available in Term 3.

19LAN07 AUSLAN
7 February to 5 December 2019

Marie Hanak
Weekly Course, Thu 1:00-2:30
Location: Room 3

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.

19LAN08 HAVE FUN WITH GERMAN
7 February to 5 December 2019

Heidi Schliephake
Weekly Course, Thu 11:15-12:45
Location: Room 3

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

19LAN09 FRENCH BEGINNERS 3
6 February to 4 December 2019

Annick Descoubes
Weekly Course, Wed 11:15-12:45
Location: Room 1

In the French Beginners Course, we will be continuing from the previous year and will complete the grammar and all the tenses. As the tutor is native French speaker, therefore 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 in the course you will need to take a test to ensure that you have a reasonable command of the language.

19LAN10 GERMAN CONVERSATION
7 February to 5 December 2019

Siggi Piper
Weekly Course, Thu 1:00-2:30
Location: Room 1

The 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.

19LAN11 FRENCH CONVERSATION
5 February to 2 April 2019

Michele Sombardier
Weekly Course, Tue 11:15-12:45
Location: Room 1

The focus of this course is conversation between class members with verbal corrections by the tutor.

MUSIC

CHOIR, CLASSIC JAZZ OPERA APPRECIATION

19MUS01 CHOIR

7 February to 5 December 2019

Luke Severn

Weekly Course, Thu 9:30-12:00

Location: Uniting Church

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 throughout school holidays.

19MUS02 A' CAPELLA GROUP

7 February to 5 December 2019

Joanne Mujic

Weekly Course, Thu 2:45-4:15

Location: Room 1

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

19MUS03 THE WORLD OF CLASSIC JAZZ

4 February to 6 December 2019

William Wright

Weekly Course, Mon 9:30-11:00

Location: Room 3

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.

19MUS04 THE SINGERS & THE SONG

4 February to 6 December 2019

Peter Wright

Weekly Course, Mon 11:15-12:45

Location: Room 3

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.

19MUS05 FOLK GUITAR & SINGALONG

7 February to 5 December 2019

Margaret Gleadall

Weekly Course, Thu 11:15-12:45

Location: Room 2

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.

19MUS06 COMMUNAL GUITAR
6 February to 4 December 2019

Bill Diver
Weekly Course, Wed 2:45-4:15
Location: Room 3

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

19MUS07 JAZZ CHORAL GROUP
8 February to 6 December 2019

Marian de Souza
Weekly Course, Fri 2:45-4:15
Location: Room 2

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 in to play along with the group and helping to create a jazz ensemble.

SOCIAL: SOCIAL ACTIVITIES

19SOC01 SOCIAL GROUP
5 February to 3 December 2019

Sue Ansell
Weekly Course, Tue 11:15-0:00
Location: None

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

19SOC02 SOCIAL MOVIE NIGHT
12 February to 3 December 2019

T.B.A.
Monthly, Tue 7:00-11:00
Location: Off Campus

All members of the Social Movie Group will receive an email the week before advising the name of the movie, date and commencement /meeting time and which cinema (either Karingal or Frankston) to attend. Tickets to be purchased upon meeting at the cinema. No charge to join the movie group. If you do not have an email address you may contact the office for details or watch our notice boards for details.

TECH: COMPUTERS, SMARTPHONE, TABLETS

19TEC01 PHOTOBOKS. TERM 2

23 April to 25 June 2019

Peter Stirling

Weekly Course, Tue 1:00-2:30

Location: Room 2

Create a personalised photo book to celebrate your holidays, grandchildren or other milestone moments. Term 2 only.

19TEC02 INTRODUCTION TO COMPUTERS. TERM 1

5 February to 2 April 2019

Peter Stirling

Weekly Course, Tue 1:00-2:30

Location: Room 2

The tutor will place you on a wait list and then ring you to see if this course is suited to you.

This course is an introduction for members who are running Windows 10. We will discuss the differences between windows 7, 8 and 10 and cover items such as: Desktop and start Menu, Settings and Apps, Handling Files and Folders, using emails and the Internet with favourites, Managing your photos. And many more if you bring your window 10 questions along.

Term 1 only.

19TEC03 APPLE IPAD FOR BEGINNERS. TERM 1

6 February to 3 April 2019

Peter Stebbins

Weekly Course, Wed 1:00-2:30

Location: Room 2

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, Wi-Fi 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. Term 1 only. There will be classes in Terms 2, 3 and 4.

19TEC04 APPLE IPAD FOR BEGINNERS. TERM 2

24 April to 26 June 2019

Peter Stebbins

Weekly Course, Wed 1:00-2:30

Location: Room 2

Class description as for Term 1. There is no waiting list available for this class as students will not be accepted after the class has started. Term 2 only. There will be classes in Terms 3 and 4.

19TEC05 USING A MAC COMPUTER. TERM 1
8 February to 5 April 2019

Patrick Bravard
Weekly Course, Fri 9:30-11:00
Location: Room 2

If you own an iMac, a MacBook or a mini Mac we will teach you its operation. If you transition from the PC world, we will show you the similarities between the two operating systems. We will use plain language to explain:

- * navigating the interface
- * setting up preferences
- * using applications
- * printing and scanning
- * upgrading software
- * backing up your precious photos, documents and music.

It is recommended that you bring your own MacBook to practice in class.

So, come and enjoy an easy and fun packed learning experience in U3A Frankston.

Please note that this course does not cover IOS devices such as the iPhone, iPad or iPod. Term 1 only.

19TEC06 APPLE IPAD FOR BEGINNERS. TERM 3
17 July to 18 September 2019

Peter Stebbins
Weekly Course, Wed 1:00-2:30
Location: Room 2

Class description as for Term 1. There is no waiting list available for this class as students will not be accepted after the class has started. Term 3 only. There is another class in Term 4.

19TEC07 APPLE IPAD FOR BEGINNERS. TERM 4
9 October to 4 December 2019

Peter Stebbins
Weekly Course, Wed 1:00-2:30
Location: Room 2

Class description as for Term 1. There is no waiting list available for this class as students will not be accepted after the class has started.
Term 4 only.

19TEC08 WINDOWS 10 & OFFICE. TERM 1
6 February to 3 April 2019

Mark Wilson
Weekly Course, Wed 11:15-12:45
Location: Room 2

This course will cover an introduction to Windows 10 and some of the more common features of the operating system. We will also discuss any problems you have and endeavour to find solutions. This course will also cover MS Office. Term 1 only.

19TEC09 WINDOWS 10 & OFFICE. TERM 2
3 April to 26 June 2019

Mark Wilson
Weekly Course, Wed 11:15-12:45
Location: Room 2

Class description as for Term 1. Term 2 only.

19TEC10 WINDOWS 10 & OFFICE. TERM 3
17 July to 18 September 2019

Mark Wilson
Weekly Course, Wed 11:15-12:45
Location: Room 2

Class description as for Term 1. Term 3 only.

19TEC11 WINDOWS 10 & OFFICE. TERM 4
9 October to 4 December 2019

Mark Wilson
Weekly Course, Wed 11:15-12:45
Location: Room 2

Class description as for Term 1. Term 4 only.

19TEC12 MODERN TECHNOLOGY. TERM 1
6 February to 3 April 2019

Mark Wilson
Weekly Course, Wed 9:30-11:00
Location: Room 2

The pitfalls of living in a modern society sometimes mean things seem complicated – trying to understand what machines are asking or what other people are talking about. Tablets and mobiles - how do you use them and what is Facebook, Twitter, YouTube or Instagram?? What happened to just answer 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. Term 1 only.

19TEC13 MODERN TECHNOLOGY. TERM 2
24 April to 26 June 2019

Mark Wilson
Weekly Course, Wed 9:30-11:00
Location: Room 2

All details as for previous Term 1. Term 2 only.

19TEC14 MODERN TECHNOLOGY. TERM 3
17 July to 18 September 2019

Mark Wilson
Weekly Course, Wed 9:30-11:00
Location: Room 2

All details as for previous Term 1. Term 3 only.

19TEC15 MODERN TECHNOLOGY. TERM 4
9 October to 4 December 2019

Mark Wilson
Weekly Course, Wed 9:30-11:00
Location: Room 2

All details as for previous Term 1. Term 4 only.

19TEC16 "BE CONNECTED" COMPUTERS FOR BEGINNERS
5 February to 3 December 2019

Peter Stirling
Weekly Course, Tue 9:30-11:00
Location: Room 2

This course is part of the Australian Government Initiative to get older persons to learn the basics and realise the full potential of going online. Be safe while you're online. Learn how to shop online safely and securely without leaving home and many more topics. No fee for this class.

YOG: YOGA

19YOG01 HOLISTIC YOGA. TERM 1 & 2
7 February to 27 June 2019

Marilyn Howe
Weekly Course, Thu 9:30-10:45
Location: Room 4

Restore and Stay Energised as you awaken the senses in mind, spirit through Mantra, movement meditation and yoga nidra. Yoga is for everyone. Please bring a yoga mat, blanket and cushion. Term 1 & 2 only.

19YOG03 YOGA HATHA
5 February to 3 December 2019

Elisa Goldenberg
Weekly Course, Tue 9:30-11:00
Location: Room 4

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.