



## CLASS BOOKLET 2019 Term 2



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



*Supported by the Victorian Government*

## ***Welcome to U3A Frankston ...***

U3A Frankston commenced in 1985 and moved to the Stella Maris Centre at John Paul College in late 2010. At our premises, there are four classrooms, including a room for computer training, a kitchen and a members' room with two computers for seniors' broadband learning. We offer over 70 different classes with a variety of topics and have 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 Favaloro (Course Co-ordinator), Peter Stebbins, Mark Wilson, David Dobson, Manfred Jung, Ian Paine and 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](http://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 accept cash, cheques and Eftpos payments 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 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 at 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 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 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***

- 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
- Mahjong: Introduction, Beginners and Advanced
- Rummikub

## ***Human Interest***

- Big Ideas
- Book Discussion Group
- Current Affairs
- History
- Mindfulness for Life
- Science
- Tarot for Beginners
- World War 1 Aust. Involvement

## ***Languages***

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

## ***Music***

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

## ***Technical/Technology***

- Apple iPad for Beginners
- Camera Basics/Creative Photography
- Photobooks
- Tablets and Smart Phones
- Windows 10 Beginners
- Windows 10 Advanced & Office
- Be Connected. Computer class. Free.

## Contents

ART: CREATIVE ARTS .....	1
EXERCISE FITNESS: WALKING, RAMBLING, TAI CHI .....	3
GAMES : MAHJONG, CHESS, CROSSWORDS .....	5
HUMAN INTEREST: CURRENT AFFAIRS, HISTORY, SCIENCE .....	6
LANGUAGE : LANGUAGES .....	9
MUSIC: CHOIR, CLASSIC JAZZ .....	11
SOCIAL : SOCIAL ACTIVITIES .....	13
TECH : COMPUTERS, SMARTPHONEs, TABLETS.....	14
YOG : YOGA.....	17



**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 location one week, then meet back at U3A Frankston the next.

**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****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. 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  
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 for is 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**

Come have 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 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 for 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 1:00-2:30****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 the 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 2:30-4:00****Location : St Lukes Church Hall**

Gentle warm-up, moving into core work with hand weights. Most of the class is based on the floor doing stretching with bands. Please bring an exercise 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 CANCELLED TERM 2**

**Manfred Jung**

**5 February to 3 December 2019**

**Weekly Course, Tue 3:30-5:30**

**Location : John Paul College**

SUSPENDED FOR TERM 2

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**

**Robyn Andrews**

**4 February to 6 December 2019**

**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**

**Kieth Pyke**

**4 February to 6 December 2019**

**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**

**Kieth Pyke**

**6 February to 4 December 2019**

**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 INTEREST**  
**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: Shakespeare's "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.

**19HUM07 BOOK DISCUSSION GROUP 2ND TUE** *Robyn Gould*  
**5 February to 3 December 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.

**19HUM09 SCIENCE** *Ross McLennan*  
**5 February to 3 December 2019** **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** *Ross McLennan*  
**6 February to 4 December 2019** **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**

**John Coogans**  
**Weekly Course, Tue 2:45-4:15**  
**Location : Room 4**

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 class that is your drama class 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. U3AF Drama class will meet at flexible times, in various rooms and locations.

All meeting times will be given at each rehearsal, and via email and texts.

**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.



**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.

**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 on 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 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.

**19LAN12 FRENCH CONVERSATION**  
**23 April to 3 December 2019**

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

The main focus of this course is conversation between class members in French 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 through 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**

**Peter 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**  
**5 February to 3 December 2019**

**Margaret Gleadall**  
**Weekly Course, Tue 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 11:15-12:45****  
**Location : Room 2**

**NOTE:** NEW START TIME FOR THIS COURSE

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 also 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.

## **SGS: SPECIAL GUEST SPEAKERS**

### **19SGS01 SPECIAL GUEST SPEAKERS**

**4 February to 9 Dec 2019**

**T.B.A.**

**Fortnightly, Mon 11:15-12:45**

**Location : Room 4**

Guest Speakers as advised. Watch out for details on our U3AF Web-page, E-mails and Notice boards.

**19TEC01 PHOTOBLOCKS. TERM 2**

**23 April to 25 June 2019**

**Peter Stirling**

**Weekly Course, Tue 9:30-11:00**

**Location : Room 2**

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

**19TEC06 APPLE IPAD FOR BEGINNERS. TERM 3**

**CANCELLED FOR 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 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. 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.

**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.

**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.

**19TEC18 BE CONNECTED COMPUTERS FOR BEGINNERS**  
**7 May to 28 May 2019**

**Peter Stirling**  
**Weekly Course, Tue 1:00-2:30**  
**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.

**19TEC18 BE CONNECTED COMPUTERS FOR BEGINNERS**  
**7 May to 28 May 2019**

**Dennis Mason**  
**Weekly Course, Mon 9.30**  
**Location : Room 2**

By Appointment. Contact Office 9770 1042

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.