



THE UNIVERSITY OF THE THIRD AGE

U3A Frankston

2019 Courses

As at 23rd August 2019



U3A Frankston Contact Details

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Welcome to U3A Frankston ...

U3A Frankston commenced in 1985 and moved to the Stella Maris Centre at John Paul College in late 2010. On the 15th July 2019 U3A Frankston moved to new premises at Karingal Place. At our premises, there are three classrooms, including a room for computer training, Tea-room and Office/reception area. We offer over 70 different classes with a variety of topics and have about 700 members. Some classes are held off campus.

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 Members are as follows:

President:	Andrea McCall
Vice-President	Barbara McColl
Treasurer:	Jennifer Hume
Secretary:	Bethy Birch
General 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 and Public 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 (<i>closed Anzac Day Thursday, 25 April and Queen's Birthday Monday, 10 June</i>)
Term 3	15 July to 20 September
Term 4	7 October to 6 December (<i>closed Grand Final Eve 27th September and Cup Eve Monday 4th November and Cup Day Tuesday 5th November</i>)

Renewal of Membership and Enrolment in Classes

At the end of each year, members must renew their membership for the following year and may enroll 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, enroll 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 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 enroll 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.
3. Please do not expect that because you were in a class last year that you will be given first priority for the following year.
4. Your classes will be confirmed on the day of enrolment, subject to your membership payment.

Fees

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

U3A Frankston members:	\$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. Payment is to be made 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 enroll 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. You may obtain a lanyard from the U3A Frankston Office. Cost: \$3.00

Smoking

Please note smoking is not allowed on the property or within 5 metres of the building.

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

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” Free computer class
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Creative Arts

19ART01: Creative Crafts

Dates: 07/02/2019 - 05/12/2019

Weekly Course, Thu 11:15 - 12:45

Location: Karingal Place, Room 1

Tutor: Marcia Gingold

The happy buzz emanating from Room 1 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. Members bring along their 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 along and join us. Beginners and learners are very welcome.

19ART02: Creative Photography

Dates: 07/02/2019 - 06/12/2019

Weekly Course, Thu 1:00 - 4:15

Location: Karingal Place, Room 2

Tutor: Keith Broad

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
- 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

Dates: 04/02/2019 - 06/12/2019

: Weekly Course, Mon 1:00 - 4:15

Location: Karingal Place, Room 3

Tutor: Keith Broad

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. Students will be required to provide their own materials.

19ART04: Friday Morning Art Club

Dates: 08/02/2019 - 06/12/2019

Weekly Course, Fri 9:30 - 12:45

Location: Karingal Place, Room 3

Tutor: Keith Broad

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 your week on an upbeat note!

Bring your own art materials. Please note: students painting in oil paints are encouraged to use either water soluble oils or water-soluble mediums.

19ART06: Having Fun with Mixed Media / Cancelled

Dates: 07/02/2019 - 05/12/2019

Weekly Course, Thu 1:00 - 2:30

Location: Karingal Place, Tea Room

Tutor: Carole Hine

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 her class members to explore ideas, such as decorating lampshades, baskets or other everyday items. Sounds like fun? Well it sure is!

Participants are required to bring their own materials.

Please note: this activity may need to change rooms or times in the 4th term.

19ART07: Creative Writing

Dates: 05/02/2019 - 03/12/2019

Weekly Course, Tue 9:30 - 11:00

Location: Karingal Place, Room 3

Tutor: Ann Simic/Bill Diver

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

Dates: 19/07/2019 - 06/12/2019

Weekly Course, Fri 1:00 - 4:00

Location: Karingal Place, Room 3

Tutor: Carolen Seymour

Enjoy exploring painting in a workshop class environment with supportive members in a friendly atmosphere. This is for both new painters and those who are more advanced. NOTE: Terms 3 & 4 only.

19ART09: Drawing for Beginning Artists

Dates: 05/02/2019 - 03/12/2019

Fortnightly, Tue 11:15 - 12:45

Location: Karingal Place, Room 3

Tutor: Dave Goldsmith

This course will provide beginning artists with a structured program 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!

Fitness and Exercise

19EXC01: Rambling All Over

Dates: 13/02/2019 - 04/12/2019

Fortnightly, Wed 9:00 - 2:00

Location: Off Campus

Tutor: Suzanne Byrne

Easy urban and Peninsula walks of 4-6 kms. Sightsee and socialize. 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 be cancelled.

19EXC02: Exercise to Music. Terms 1, 2 & 4

Dates: 09/09/2019 - 02/12/2019

Weekly Course, Mon 9:30 - 11:00

Location: Frankston North Community Centre (Bus 833 Bay 14)

Tutor: June Hewitt

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. Requirements: Please bring a yoga mat.

Note: This class is not available during Term 3.

19EXC03: Social Golf

Dates: 08/02/2019 - 06/12/2019

Weekly Course, Fri 9:00 - 4:00

Location: Off Campus

Tutor: Bob Favaloro

Come and join us for a social game of golf and some friendly banter. 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

Place: Centenary Park Golf Course, Friday morning 9am

18 Holes \$23, - 9 Holes \$18. Clubs and buggy can be hired.

19EXC05: Bike Riding

Dates: 10/02/2019 - 24/11/2019

Weekly Course, Sun 8:30 - 12:00

Location: Off Campus

Tutor: Peter Stirling

Our group rides 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 long. We leave at about 8:30am and are home about lunchtime with a coffee break about the half-way point. Rides are neither too fast nor too slow but a moderate state of fitness is required. Participating members are emailed each week with information on the 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

Dates: 06/02/2019 - 04/12/2019

Weekly Course, Wed 13:00 - 14:30

Location: Bruce Park Hall, Margate Avenue

Tutor: Bob Favaloro

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 are 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

Have a look at the course video on the U3A website on the Membership/Courses/Enrolment tab.

19EXC08: Stretching Exercise with Bands

Dates: 12/09/2019 - 05/12/2019

Weekly Course, Thu 2:30 - 4:00

Location: St Lukes Church Hall, 72 McMahons Road

Tutor: June Hewitt

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. This class is not available during Term 3. Requirements: Please bring a yoga mat and a drink bottle.

19EXC09: Tai Chi

Dates: 05/02/2019 - 03/12/2019

Weekly Course, Tue 9:30 - 10:30

Location: Frankston North Community Centre (Bus 833 Bay 14)

Tutor: Zandra Daniels

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.

Games

19GAM01: Mahjong Intermediate

Dates: 04/02/2019 - 06/12/2019

Weekly Course, Mon 1:00 - 4:15

Location: Karingal Place, Room 2

Tutor: Robyn Andrews/Kieth Pyke

This class assumes students have a basic knowledge of Mahjong sufficient for them 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 Mahjong' by Patricia A. Thompson and Betty Maloney.

19GAM02: Mahjong Introduction

Dates: 04/02/2019 - 06/12/2019

Weekly Course, Mon 1:00 – 4:15

Location: Karingal Place, Room 2

Tutor: Robyn Andrews/Kieth Pyke

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 Mahjong by Patricia A. Thompson and Betty Maloney.

19GAM03: Mahjong Advanced

Dates: 06/02/2019 - 04/12/2019

Weekly Course, Wed 1:00 - 4:15

Location: Karingal Place, Room 3

Tutor: Kieth Pyke

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

19GAM04: Rummikub

Dates: 08/02/2019 - 06/12/2019

Weekly Course, Fri 1:00 - 2:30

Location: Karingal Place, Room 2

Tutor: Robyn Gould/Brian Donnelly

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

19GAM06: Canasta

Dates: 08/02/2019 - 06/12/2019

Weekly Course, Fri 11.15 – 12.45

Location: Karingal Place, Room 2

Tutor: Anne Barnden

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

19GAM07: Cryptic Crosswords

Dates: 08/02/2019 - 06/12/2019

Weekly Course, Wed 9.30-11.0

Location: Karingal Place, Room 1

Tutor: Diane Johnson

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

Current Affairs, History, Science

19HUM01: Literature & Film Study

Dates: 07/02/2019 - 05/12/2019

Weekly Course, Thu 9:30 - 11:00

Location: Karingal Place, Room 2

Tutor: Margaret Mace

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

Dates: 06/02/2019 - 04/12/2019

Weekly Course, Wed 11:15 - 12:45

Location: Karingal Place, Room 2

Tutor: Bill Puls

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

19HUM04: History and More

Dates: 06/02/2019 - 04/12/2019

Weekly Course, Mon 9:30 - 11:00

Location: Karingal Place, Room 2

Tutor: Paula Deane

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

Dates: 05/02/2019 - 03/12/2019

Monthly, Tue 2:45 - 4:15

Location: Karingal Place, Room 1

Tutor: Robyn Gould

All class members read a set book each month and then discuss their views on the content, characters, etc.

19HUM09: Science

Dates: 05/02/2019 - 03/12/2019

Weekly Course, Tue 1:00 - 2:30

Location: Karingal Place, Room 2

Tutor: Ross McLennan

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, with handouts, slides, videoed lectures and documentaries. There will be time in each session for discussion, and always some fun and socializing too.

19HUM10: Philosophy

Dates: 06/02/2019 - 04/12/2019

Weekly Course, Wed 9:30 - 11:00

Location: Karingal Place, Room 2

Tutor: Ross McLennan

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 Theoremsâ 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

Dates: 05/02/2019 - 03/12/2019

Weekly Course, Tue 2:45 – 4:15

Location: Karingal Place, Room 3

Tutor: John Coogans

Do you want to develop your acting abilities, write plays both short and long, participate in of all areas of stage productions. Your ideas, shared as a team, whether on stage or behind the scenes you will be a feature of a successful production.

19HUM15: Tarot for Beginners

Dates: 07/02/2019 - 05/12/2019

Weekly Course, Thu 9:30 - 11:00

Location: Karingal Place, Room 3

Tutor: Anne Warne

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

Dates: 06/02/2019 - 04/12/2019

Weekly Course, Wed 9:30 - 11:00

Location: Karingal Place, Room 3

Tutor: Shekhar Kamat

Life can be wobbly sometimes. It requires stability. 'Mindfulness for Life' will look at what simple precautions you can take so you can overcome various challenges you face in your 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.

19HUM22: Current Affairs

Dates: 08/02/2019 - 06/12/2019

Weekly Course, Fri 9:30 - 11:00

Location: Karingal Place, Room 2

Tutor: Ian Browne

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

Dates: 07/02/2019 - 05/12/2019

Weekly Course, Thu 11:15 - 12:45

Location: Karingal Place, Room 2

Tutor: Murray Adamthwaite

Most people's 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.

Languages

19LAN01: Italian Beginners

Dates: 05/02/2019 - 05/12/2019

Weekly Course, Tue 2:45 - 4:15

Location: Karingal Place, Room 2

Tutor: Maureen Mirabella

This 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

Dates: 05/02/2019 - 03/12/2019

Weekly Course, Tue 11:15 - 12:45

Location: Karingal Place, Room 2

Tutor: Maureen Mirabella

If you have some knowledge of Italian and would like to refresh what you already know (with many laughs along the way) then please join us.

19LAN03: Italian Intermediate

Dates: 05/02/2019 - 03/12/2019

Weekly Course, Tue 9:30 - 11:00

Location: Karingal Place, Room 2

Tutor: Maureen Mirabella

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

Dates: 05/02/2019 - 03/12/19

Weekly Course, Wed 1.00 – 2.30

Location: Karingal Place, Room 2

Tutor: Lolita Sandrazie

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

Dates: 05/02/2019 - 03/12/19

Weekly Course, Wed 2.45 – 4.15

Location: Karingal Place, Room 2

Tutor: Lolita Sandrazie

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

19LAN06: Spanish Beginners. Term 4

Dates: 08/02/2019 - 06/12/2019

Weekly Course, Fri 11:15 - 12:45

Location: Karingal Place, TBA

Tutor: Susana Jeffrey

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

19LAN07: Auslan**Dates: 07/02/2019 - 05/12/2019****Weekly Course, Thu 2:45 - 4:15****Location: Karingal Place, Room 3****Tutor: Marie Hanak**

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**Dates: 07/02/2019 - 05/12/2019****Weekly Course, Thu 11:15 - 12:45****Location: Karingal Place, Room 3****Tutor: Heidi Schliephake**

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

19LAN09: French Beginners 3**Dates: 06/02/2019 - 04/12/2019****Weekly Course, Wed 11:15 - 12:45****Location: Karingal Place, Room 3****Tutor: Annick Descoubes**

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 a native French speaker, therefore there is a strong focus on pronunciation and using the language in various day to day situations. Students who enroll 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**Dates: 07/02/2019 - 05/12/2019****Weekly Course, Thu 1:00 - 2:30****Location: Karingal Place, Room 1****Tutor: Siggi Piper**

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

Dates: 23/04/2019 - 03/12/2019

Weekly Course, Tue 11:15 - 12:45

Location: Karingal Place, Room 1

Tutor: Michele Sombardier

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

19LAN13: English for Beginners

Dates: 09/08/2019 – 03/12/2019

Weekly Course Fri 9.30 – 11:00

Location: Karingal Place, Room 1

Tutor: Virginia Bennett

English for Beginners supports recently arrived migrants to help build their confidence by learning basic English skills.

Learn how to fill in forms, ask for a bus ticket, where to find a local store or how to access health and community services.

This programme also enables participants to form connections and develop a sense of community as they learn English conversation, helping them to integrate into and communicate with others in their community.

Music Appreciation

19MUS01: Choir

Dates: 07/02/2019 - 05/12/2019

Weekly Course, Thu 9:30 - 12:00

Location: Uniting Church, 18 High Street

Tutor: Luke Severn

Our motto is “We Sing for Fun”. We have a happy time singing song’s together, 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

Dates: 07/02/2019 - 05/12/2019

Weekly Course, Thu 2:45 - 4:15

Location: Karingal Place, Room 1

Tutor: Joanne Mujic

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

19MUS03: The World of Classic Jazz

Dates: 04/02/2019 - 06/12/2019

Weekly Course, Mon 9:30 - 11:00

Location: Karingal Place, Room 3

Tutor: Peter Wright

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

Dates: 04/02/2019 - 06/12/2019

Weekly Course, Mon 11:15 - 12:45

Location: Karingal Place, Room 3

Tutor: Peter Wright

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

Dates: 05/02/2019 - 03/12/2019

Weekly Course, Tue 1:00 - 2:30

Location: Karingal Place, Room 1

Tutor: Margaret Gleadall

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

Dates: 06/02/2019 - 04/12/2019

Weekly Course, Wed 2:45 - 4:15

Location: Karingal Place, Room 1

Tutor: Bill Diver

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

19MUS07: Jazz Choral Group

Dates: 08/02/2019 - 06/12/2019

Weekly Course, Fri 11:15 - 12:45

Location: Karingal Place, Room 1

Tutor: Marian de Souza

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, learning and improvising simple harmonies and syncopated rhythms. If class members play instruments, they may bring them in to play along with the group, helping to create a jazz ensemble.

NOTE: New start time for this course.

Social Activities

19SOC01: Social Group

Dates: 05/02/2019 - 03/12/2019

Weekly Course, Tue 11:15

Location: Frankston R.S.L. (bistro)

Tutor: Sue Ansell

Do you fancy a coffee or lunch with other U3A members? This is a great way to socialize and make friends. We meet every Tuesday at 11.15 for coffee at the Frankston RSL, and then stay for lunch if you wish. Occasionally some members go to the movies in the afternoon.

19SOC02: Social Movie Night

Dates: 12/02/2019 - 03/12/2019

Monthly, Tue 7:00 - 11:00

Location: Off Campus

Tutor: None

All members of the Social Movie Group will receive a text message/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. There is no charge to join the movie group. Movie tickets are to be purchased upon meeting at the cinema.

A coffee after the movie is a great way to discuss the movie and socialize with other members.

Guest Speakers

To be advised – members \$2.00 non-member \$5.00

Technology

19TEC07: Apple iPad for Beginners. Term 4

Dates: 07/10/2019 - 06/12/2019

Weekly Course, Wed 1:00 - 2:30

Location: Karingal Place, Room 1

Tutor: Peter Stebbins

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. Classes to be held in Term 4 only.

19TEC11: Windows 10 & Office. Term 4**Dates: 09/10/2019 - 04/12/2019****Weekly Course, Wed 11:15 - 12:45****Location: Karingal Place, Room 1****Tutor: Mark Wilson**

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 endeavor to find solutions. This course will also cover MS Office. Term 1 only.

19TEC19: Be Connected - Computers**Dates: 22/07/2019 – 16/09/2019****Mon 9:30 - 11:00****Location: Karingal Place, Room 1****Tutor: Bob Favaloro**

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**Dates: 22/07/2019 – 16/09/2019****Mon 1.00 – 2.30****Location: Karingal Place, Room 1****Tutor: Bob Favaloro**

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.

19TEC20: Be Connected - Computers**Dates: 07/02/2019 - 05/12/2019****Thur 9:30 - 11:00****Location: Karingal Place, Room 1****Tutor: Mark Dunn**

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.

Yoga

19YOG03: Yoga Hatha

Dates: 05/02/2019 - 03/12/2019

Weekly Course, Tue 9:30 - 11:00

Location: Karingal Place, Room 2

Tutor: Elisa Goldenberg

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