



THE UNIVERSITY OF THE THIRD AGE

## Frankston

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### **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 15<sup>th</sup> 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
Treasurer:	Jennifer Hume
Secretary:	Barbara McColl (acting).
General Committee:	Leonie Price (Office Manager), Bob Favaloro (Course Co-Coordinator), Graham Wallis, David Dodson, Manfred Jung, Ian Payne and Dennis Mason.

## **Office Hours**

The U3A Frankston Office is open Monday to Friday from 9.15am to 3.00pm but closed for Public Holidays. When there is no-one in the office to answer the phone please leave a message or call back at during office hours.

## **Term Dates 2020**

Term 1	3 February to 27 March ( <i>Closed Labour Day Mon 9 March</i> )
Term 2	14 April to 26 June ( <i>Closed Queen's Birthday Mon 8 June</i> )
Term 3	13 July to 18 September
Term 4	5 October to 11 December ( <i>Closed Cup Day Tues 3 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](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 only accept EFTPOS and Cheque payments at the U3A Office.

Our official enrolment day for 2020 is January 22<sup>nd</sup>. However, you may join U3A Frankston and enroll in classes at any time during the year after Jan 22<sup>nd</sup>.

### **PLEASE NOTE:**

On enrolment day, 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. You will be given a priority number and 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

Life/Honorary 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.

### ***Class Fees for Term***

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	\$20 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

**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 on Ph. 9770 1042. 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 Name Tag***

You must wear your U3A Frankston 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 20 metres of the building.

## ***Types of Classes Offered Throughout the Year***

### ***Creative Arts***

- Creative Photography
- Creative Crafts
- Creative Writing
- Drawing Workshop; Drawing for Pleasure
- Literature and Film Study
- Oil Painting
- Water Colours, Beginners and Advanced

### ***Exercise 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 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

## ***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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This booklet is subject to change.  
Please check with office or website before  
finalising your selections.



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# Creative Arts

## **20ART01: Creative Crafts**

**Dates: 06/02/2020 - 10/12/2020**

**Location: Karingal Place Room 1**

**Type: 4 Terms**

**Weekly, Thu 11:15 - 12:45**

**Tutor: Marcia Gingold**

The happy buzz emanating from Room 4 comes from the industrious and talented members of the Creative Crafts class. Aably 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.

## **20ART02: Creative Photography**

**Dates: 06/02/2020 - 10/12/2020**

**Location: Karingal Place Room 2**

**Type: 4 Terms**

**Weekly, Thu 1:00 - 2:30**

**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, 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.

## **20ART03: Monday Afternoon Art Club**

**Dates: 03/02/2020 - 07/12/2020**

**Location: Karingal Place Room 3**

**Type: 4 Terms**

**Weekly, Mon 1:00 - 4:00**

**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.

## **20ART04: Friday Morning Art Club**

**Dates: 07/02/2020 - 07/12/2020**

**Location: Karingal Uniting Church**

**Type: 4 Terms**

**Weekly, Fri 9:30 - 12:45**

**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.

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**20ART05: Creative Writing****Dates: 04/02/2020 - 08/12/2020****Location: Karingal Place Room 3**

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

**Type: 4 Terms****Weekly, Tue 9:30 - 11:00****Tutor: Ann Simic****20ART06: Oil Painting Workshop.****Dates: 07/02/2020 - 26/06/2020****Location: Karingal Place Room 2**

Social group for beginners and advanced artists. Class supported by tutor. Informal atmosphere.

**Type: 4 Terms****Weekly, Fri 1:00 - 4:00****Tutor: Carolen Seymour****20ART07: Drawing for Beginning Artists\*****Dates: 04/02/2020 - 08/12/2020****Location: Karingal Place Room 2**

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 runs **FORTNIGHTLY** on Tuesdays.

Student resources to bring: Several Mixed Pencils & Art Folio, Book or Pad, Plain Paper; Hand-out provided. Minimum class size is 5 members.

**Type: 4 Terms****Fortnightly, Tue 11:15 - 12:45****Tutor: Dave Goldsmith****20ART08: Beginners Card Making****Dates: 14/04/2020 - 11/12/2020****Location: Karingal Place Room 1**

Participants will make 2 cards each week. Materials, blank cards and envelopes provided at a cost of \$2 each per week. Birthday, get well and special sentiment cards will be made. Participants will need scissors, a glue stick, pencil and ruler. There will be no classes during July.

Minimum class size: 6.

**Type: 3 Terms****Weekly, Fri 1:30 - 3:00****Tutor: Wendy McKelvie**

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# Fitness, Walking, Rambling, Tai Chi

## **20EXC01: Rambling All Over**

**Type: 4 Terms**

**Dates: 05/02/2020 - 09/12/2020**

**Fortnightly, Wed 9:00 - 2:00**

**Location: Off Campus**

**Tutor: Suzanne Byrne**

Easy urban and Peninsula walks of 4-7 kms. Sightsee and socialise while keeping fit. Held on the 2nd and 4th Wednesday of the month during Victorian Schools' Term time. Our schedule of walks will be emailed to members, otherwise see the U3A website or pick up a hard copy from the office. IN THE EVENT THE TEMPERATURE IS FORECAST TO EXCEED 34C, OUR RAMBLE FOR THAT DAY WILL NOT PROCEED.

## **20EXC02: Exercise to Music. Terms 1, 2 & 4**

**Type: 3 Terms**

**Dates: 03/02/2020 - 07/12/2020**

**Weekly, Mon 9:30 - 11:00**

**Location: Frankston North Community Cent Bus 833 Bay 14 Frankston North Tutor:**

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.

## **20EXC03: Social Golf**

**Type: 4 Terms**

**Dates: 07/02/2020 - 11/12/2020**

**Weekly, Fri 8:30 - 4:00**

**Location: Off Campus**

**Tutor: Bob Favaloro**

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.

## **20EXC04: Tai Chi**

**Type: 4 Terms**

**Dates: 04/02/2020 - 08/12/2020**

**Weekly, Tue 9:30 - 10:30**

**Location: Frankston Nth Community Centre,  
Bus 833 Bay 14 Frankston Nth**

**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.

## **20EXC06: Dance for Fitness & Well-being**

**Type: 4 Terms**

**Dates: 04/02/2020 - 08/12/2020**

**Weekly, Tue 1:30 - 3:30**

**Location: Langwarrin Hall**

**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 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 come have some fun,

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**20EXE05: Bike Riding****Type: 4 Terms****Dates: 09/02/2020 - 06/12/2020****Weekly, Sun 8:30 - 12:00****Location: Off Campus****Tutor: Peter Stirling**

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. Peter away term 3 but Mornington U3A still riding

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# Mahjong, Crosswords and Games

## **20GAM02: Mahjong Introduction**

**Dates: 03/02/2020 - 07/12/2020**

**Location: Karingal Place Room 2**

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.

**Type: 4 Terms**

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

**Tutor: Kieth Pyke**

## **20GAM01: Mahjong Intermediate**

**Dates: 03/02/2020 - 07/12/2020**

**Location: Karingal Place Room 2**

This class assumes a basic knowledge of Mahjong 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 Mahjong' by Patricia A. Thompson and Betty Maloney.

**Type: 4 Terms**

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

**Tutor: Kieth Pyke**

## **20GAM03: Mahjong Advanced**

**Dates: 05/02/2020 - 09/12/2020**

**Location: Karingal Place Room 2**

This class assumes 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.

**Type: 4 Terms**

**Weekly, Wed 1:00 - 4:15**

**Tutor: Robyn Andrews**

## **20GAM04: Rummikub**

**Dates: 07/02/2020 - 11/12/2020**

**Location: Karingal Place Room 3**

An entertaining game that encourages skill and thought for up to 4 players, in a social atmosphere.

**Type: 4 Terms**

**Weekly, Fri 1:00 - 2:30**

**Tutor: Brian Donnelly**

## **20GAM05: Cryptic Crosswords**

**Dates: 05/02/2020 - 09/12/2020**

**Location: Karingal Place Room 3**

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

**Type: 4 Terms**

**Weekly, Fri 9:30 - 11:00**

**Tutor: Diane Johnson**

## **20GAM06: Canasta**

**Dates: 07/02/2020 - 11/12/2020**

**Location: Karingal Place Room 3**

Learn how to play this fascinating card game. Beginners and those who have played before are most welcome. Please note that there is a limit on the number of beginners. IF YOU ARE A BEGINNER - PLEASE NOTIFY THE OFFICE WHEN YOU ENROL.

**Type: 4 Terms**

**Weekly, Fri 11:15 - 12:45**

**Tutor: Anne Barnden**

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# Current Affairs History Science

## **20HUM01: Literature & Film Study**

**Dates: 06/02/2020 - 10/12/2020**

**Location: Karingal Place Room 3**

**Type: 4 Terms**

**Weekly, Thu 9:30 - 11:00**

**Tutor: Margaret Mace**

I try to choose texts / plays / novels which have been put to film. I also present 'Poetry Across the Ages' and of course Shakespeare. Term 1: 'The One Day of the Year' Alan Seymour. Term 2: Arthur Miller: 'A View from the Bridge'. Term 3: Poetry. Term 4: Shakespeare's 'Henry IV' Part 1  
Minimum class size is 10.

## **20HUM02: Big Ideas**

**Dates: 05/02/2020 - 09/12/2020**

**Location: Karingal Place Room 2**

**Type: 4 Terms**

**Weekly, Wed 11:15 - 12:45**

**Tutor: Bill Puls**

A largely discussion-based weekly course. Focus is on broad-brush issues of all sorts, including philosophy, history, psychology & public policy.

Minimum class size is 6.

## **20HUM03: Self-Guided Tarot**

**Dates: 06/02/2020 - 10/12/2020**

**Location: Karingal Place Room 1**

**Type: 4 Terms**

**Weekly, Thu 9:30 - 11:00**

**Tutor: None**

This course is now self-directed. It is recommended that you use the Rider Waite Card deck.  
Notes will be provided.

## **20HUM04: History and More.**

**Dates: 03/02/2020 - 07/12/2020**

**Location: Karingal Place Room 2**

**Type: 4 Terms**

**Weekly, Mon 9:30 - 11:00**

**Tutor: Paula Deane**

In 2020 we will study The Real History of Secret Societies; History's Greatest Voyages of Exploration; The Mysterious Etruscans; Cities of the Ancient World; Great Battles of Ancient History.

## **20HUM05: Mindfulness for Life**

**Dates: 05/02/2020 - 09/12/2020**

**Location: Karingal Place Room 3**

**Type: 4 Terms**

**Weekly, Wed 9:00 - 10:30**

**Tutor: Shekhar Kamat**

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 a positive lifestyle and the inner workings of our mind to regain stability. **Please note 9am start.**

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**20HUM06: Current Affairs****Dates: 07/02/2020 - 11/12/2020****Location: Karingal Place Room 2****Type: 4 Terms****Weekly, Fri 9:30 - 11:00****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.

**20HUM07: Book Discussion Group****Dates: 11/02/2020 - 08/12/2020****Location: Karingal Place Room 3****Type: Monthly (2nd Tuesday)****Monthly, Tue 1:00 - 2:30****Tutor: Robyn Gould**

Participants read a selected book each month and meet to discuss content and characters, etc. An opportunity to read something not previously thought to be of interest.

**20HUM08: Drama Class****Dates: 04/02/2020 - 08/12/2020****Location: Karingal Place Room 3 (Rm 1 for 2<sup>nd</sup> Tues of month) Tutor: Ann Simic****Type: 4 Terms****Weekly, Tue 1:00 - 2:30**

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, 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, playwrights, 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.

**20HUM09: Science****Dates: 04/02/2020 - 08/12/2020****Location: Karingal Place Room 2****Type: 4 Terms****Weekly, Tue 1:00 - 2:30****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, handouts, slides, videoed lectures and documentaries. There will be time each session for discussion, and always some fun and socialising too.



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**20HUM10: Philosophy****Dates: 05/02/2020 - 09/12/2020****Location: Karingal Place Room 2****Type: 4 Terms****Weekly, Wed 9:30 - 11:00****Tutor: Ross McLennan**

Lectures will be drawn from the commercial US source, "The Great Courses" & may include '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, especially in discussion, is desirable.

**20HUM12: Grief and Loss****Dates: 17/04/2020 - 22/05/2020****Location: Karingal Place Room 3****Type: Short Course****Weekly, Fri 2:45 - 4:15****Tutor: Mary Ellen Smith**

This course runs for 6 weeks and addresses the discomfort that many people experience with grief and looks at normalising grief; seeing it as a natural response to many life events such as illness, mobility, retirement, divorce and death. There will be a focus on learning how to manage grief and live a meaningful life after loss. This course will be conducted in a safe, small group setting that will provide members with opportunities to share their experiences. The tutor has a professional background in clinical social work (see [www.grieflossandchange.com](http://www.grieflossandchange.com))

NOTE: This 6-week course commences at the **BEGINNING TERM 2. 17/04/20**

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# Languages

## **20LAN01: Italian Beginners**

**Dates: 04/02/2020 - 08/12/2020**

**Location: Karingal Place Room 3**

In preparation for a holiday in Italy or just for the fun of learning a new language, this course requires only an interest in all things Italian.

Minimum class size is 7.

**Type: 4 Terms**

**Weekly, Tue 2:45 - 4:15**

**Tutor: Maureen Mirabella**

## **20LAN02: Italian Beginners Plus**

**Dates: 04/02/2020 - 08/12/2020**

**Location: Karingal Place Room 3**

For those who have mastered the basics of the Italian language, this class offers you the opportunity to have fun while expanding your knowledge.

Minimum class size is 7.

**Type: 4 Terms**

**Weekly, Tue 11:15 - 12:45**

**Tutor: Maureen Mirabella**

## **20LAN03: Italian Intermediate**

**Dates: 04/02/2020 - 08/12/2020**

**Location: Karingal Place Room 1**

This course offers the fun and the challenge of exploring the complexities and intrigues of the Italian language.

Minimum class size is 7.

**Type: 4 Terms**

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

**Tutor: Maureen Mirabella**

## **20LAN04: French Beginners**

**Dates: 05/02/2020 - 09/12/2020**

**Location: Karingal Place Room 3**

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

Minimum class size is 6.

**Type: 4 Terms**

**Weekly, Wed 1:00 - 2:30**

**Tutor: Lolita Sandrazie**

## **20LAN05: French Beginners Plus**

**Dates: 05/02/2020 - 09/12/2020**

**Location: Karingal Place Room 3**

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

Minimum class size is 6.

**Type: 4 Terms**

**Weekly, Wed 2:45 - 4:15**

**Tutor: Lolita Sandrazie**

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**20LAN06: Spanish Beginners. Term 1, 2 & 4****Dates: 07/02/2020 - 11/12/2020****Location: Karingal Place Room 1****Type: 3 Terms****Weekly, Fri 11:15 - 1:15****Tutor: Susana Jeffrey**

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.

**20LAN07: Auslan****Dates: 06/02/2020 - 10/12/2020****Location: Karingal Place Room 3****Type: 4 Terms****Weekly, Thu 1:00 - 2:30****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.

**20LAN08: Have fun with German****Dates: 06/02/2020 - 10/12/2020****Location: Karingal Place Room 3****Type: 4 Terms****Weekly, Thu 11:15 - 12:45****Tutor: Heidi Schliephake**

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

**20LAN10: German Conversation****Dates: 06/02/2020 - 10/12/2020****Location: Karingal Place Room 1****Type: 4 Terms****Weekly, Thu 1:00 - 2:30****Tutor: Siggie 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 practised with grammar taught or revised.

**20LAN11: French Conversation****Dates: 04/02/2020 - 11/12/2020****Location: Karingal Place Room 1****Type: 4 Terms****Weekly, Tue 11:15 - 12:45****Tutor: Michele Sombardier**

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

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# Music Appreciation Instrumental and Choral Groups

## **20MUS01: Choir**

**Dates: 06/02/2020 - 10/12/2020**

**Location: Uniting Church 18 High Street Frankston**

**Type: 4 Terms**

**Weekly, Thu 9:30 - 12:00**

**Tutor: Luke Severn**

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.

## **20MUS02: A' Capella Group**

**Dates: 06/02/2020 - 10/12/2020**

**Location: Karingal Place Room 2**

**Type: 4 Terms**

**Weekly, Thu 2:45 - 4:15**

**Tutor: Joanne Mujic**

We sing in harmony without accompaniment.

## **20MUS03: The World of Classic Jazz**

**Dates: 03/02/2020 - 07/12/2020**

**Location: Karingal Place Room 3**

**Type: 4 Terms**

**Weekly, Mon 9:30 - 11:00**

**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.

## **20MUS04: The Singers & The Song**

**Dates: 03/02/2020 - 07/12/2020**

**Location: Karingal Place Room 3**

**Type: 4 Terms**

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

**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.

## **20MUS05: Folk Guitar & Singalong**

**Dates: 04/02/2020 - 08/12/2020**

**Location: Karingal Place Room 1**

**Type: 4 Terms**

**Weekly, Tue 2:45 - 4:15**

**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. The class will cater for more advanced students.

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**20MUS06: Communal Guitar****Dates: 05/02/2020 - 09/12/2020****Location: Karingal Place Room 1****Type: 4 Terms****Weekly, Wed 2:45 - 4:15****Tutor: Bill Diver**

We use music videos with lyrics and chords on screen to play along. Usually videos are slowed or the key changed to make things easier.

**20MUS07: Jazz Choral Group****Dates: 07/02/2020 - 11/12/2020****Location: Karingal Place Room 2****Type: 4 Terms****Weekly, Fri 11:15 - 12:45****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, 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, helping to create a jazz ensemble.

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# Social Activities

## **20SOC01: Social Group**

**Dates: 04/02/2020 - 08/12/2020**

**Location: Off Campus**

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.

**Type: 4 Terms**

**Weekly, Tue 11:15 - 0:00**

**Tutor: Sue Ansell**

## **20SOC02: Social Movie Night**

**Dates: 04/02/2020 - 08/12/2020**

**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.

**Type: 4 Terms**

**Monthly, Tue 7:00 - 11:00**

**Tutor: None**

## **20SGS02: Tales of Mystery Murders, Mayhem**

**Dates: 03/02/2020 - 07/12/2020**

**Location: Karingal Place Room 2**

A Cornucopia of the interesting and the bizarre. After extensive and endless research on Foxtel, Wikipedia and Booktopia, I have assembled a veritable cornucopia of ticklish topics for 2020.

Once a month for ten months, I will present these topics to you over an hour of anecdotes, conspiracies and good old gossip. No classes in January or December. Hope to see you there to have some informative fun.

Course fee is \$2 for members & \$5 for non-members

**Type: Monthly (1<sup>st</sup> Monday)**

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

**Tutor: Andrea McCall**

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# Computers, Smartphone, Tablets

**19SUM03: Be Connected Computers for Beginners** **Type: Short Course**

**Dates: 09/12/2019 - 20/01/2020** **Weekly, 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.

CLASS DATES: 9 & 16th Dec 2019, then 6, 13 & 20th Jan 2020

Although this is a SUMMER COURSE IT IS A CONTINUATION OF THE ON-GOING BE CONNECTED COURSE.

**20TEC01: Photobooks. Term1** **Type: 1 Term**

**Dates: 03/02/2020 - 23/03/2020** **Weekly, Mon 2:45 - 4:15**

**Location: Karingal Place Room 1** **Tutor: Peter Stirling**

Create a personalised photo book to celebrate your holidays, grandchildren or other milestone moments. Term 1 only.

**20TEC02: Introduction to Computers. Term 2** **Type: 1 Term**

**Dates: 13/04/2020 - 22/06/2020** **Weekly, Mon 2:45 - 4:15**

**Location: Karingal Place Room 1** **Tutor: Peter Stirling**

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 2 only.

**20TEC03: Apple iPad for Beginners. Term 1** **Type: 1 Term**

**Dates: 05/02/2020 - 25/03/2020** **Weekly, 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, WiFi network. Safari Browser: Searching, bookmarks, folders. Email: Setting up account, using images. Camera: taking photos & videos, cropping & deleting photos, albums. Applications: downloading & installing 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.

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**20TEC04: Apple iPad for Beginners. Term 2**

**Dates: 15/04/2020 - 24/06/2020**

**Location: Karingal Place Room 1**

Class description as for Term 1. (See 20TEC03) 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.

**Type: 1 Term**

**Weekly, Wed 1:00 - 2:30**

**Tutor: Peter Stebbins**

**20TEC06: Apple iPad for Beginners. Term 3**

**Dates: 15/07/2020 - 16/09/2020**

**Location: Karingal Place Room 1**

Class description as for Term 1. (See 20TEC03) There is no waiting list available for this class as students will not be accepted after the class has started. Term 3 only. There will be a class in Term 4.

**Type: 1 Term**

**Weekly, Wed 1:00 - 2:30**

**Tutor: Peter Stebbins**

**20TEC07: Apple iPad for Beginners. Term 4**

**Dates: 07/10/2020 - 09/12/2020**

**Location: Karingal Place Room 1**

Class description as for Term 1. (See 20TEC03) There is no waiting list available for this class as students will not be accepted after the class has started. Term 4 only.

**Type: 1 Term**

**Weekly, Wed 1:00 - 2:30**

**Tutor: Peter Stebbins**

**20TEC05: Using a Mac Computer. Term 1**

**Dates: 07/02/2020 - 27/03/2020**

**Location: Karingal Place Room 1**

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 at U3A Frankston. Please note that this course does not cover IOS devices such as the iPhone, iPad or iPod. Term 1 only.

**Type: 1 Term**

**Weekly, Fri 9:30 - 11:00**

**Tutor: Pat Bravard**

**20TEC08: Windows 10 & Office. Term 1 (5 Weeks)**

**Dates: 05/02/2020 - 04/03/2020**

**Location: Karingal Place Room 1**

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.

**Type: 1 Term**

**Weekly, Wed 9.30 – 11.00**

**Tutor: Mark Wilson**



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**20TEC09: Windows 10 & Office. Term 2 (5 Weeks)** **Type: 1 Term**  
**Dates: 15/04/2020 - 13/05/2020** **Weekly, Wed 11:15 - 12:45**  
**Location: Karingal Place Room 1** **Tutor: Mark Wilson**

Class description as for Term 1. Term 2 only.

**20TEC10: Windows 10 & Office. Term 3 (5 Weeks)** **Type: 1 Term**  
**Dates: 15/07/2020 - 12/08/2020** **Weekly, Wed 11:15 - 12:45**  
**Location: Karingal Place Room 1** **Tutor: Mark Wilson**

Class description as for Term 1. Term 3 only.

**20TEC11: Windows 10 & Office. Term 4 (5 Weeks)** **Type: 1 Term**  
**Dates: 07/10/2020 - 04/11/2020** **Weekly, Wed 11:15 - 12:45**  
**Location: Karingal Place Room 1** **Tutor: Mark Wilson**

Class description as for Term 1. Term 4 only.

**20TEC12: Modern Technology. Term 1 (5 Weeks)** **Type: 1 Term**  
**Dates: 11/03/2020 - 08/04/2020** **Weekly, Wed 9.30 – 11.00**  
**Location: Karingal Place Room 1** **Tutor: Mark Wilson**

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.

**20TEC13: Modern Technology. Term 2 (5 Weeks)** **Type: 1 Term**  
**Dates: 13/05/2020 - 10/06/2020** **Weekly, Wed 11:15 - 12:45**  
**Location: Karingal Place Room 1** **Tutor: Mark Wilson**

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

**20TEC14: Modern Technology. Term 3 (5 Weeks)** **Type: 1 Term**  
**Dates: 12/08/2020 - 09/09/2020** **Weekly, Wed 11:15 - 12:45**  
**Location: Karingal Place Room 1** **Tutor: Mark Wilson**

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

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**20TEC15: Modern Technology. Term 4 (5 Weeks)** **Type: 1 Term**  
**Dates: 04/11/2020 - 09/12/2020** **Weekly, Wed 11:15 - 12:45**  
**Location: Karingal Place Room 1** **Tutor: Mark Wilson**  
As per term 1

**20TEC19: Be Connected Computers for Beginners** **Type: Short Course**  
**Dates: 03/02/2020 – 18/12/2020** **Weekly, 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 realize 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. There will be multiple short courses run throughout the year. **No fee for this class**

**20TEC17: BE CONNECTED Computers for Beginners** **Type: Short Course**  
**Dates: 03/02/2020 – 18/12/2020** **Weekly, Mon 11:15 - 12:45**  
**Location: Karingal Place Room 1** **Tutor: Dennis Mason**

This course is part of the Australian Government Initiative to get older persons to learn the basics and realize 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. There will be multiple short courses run throughout the year. **No fee for this class.**

**20TEC18: BE CONNECTED Computers for Beginners** **Type: Short Course**  
**Dates: 03/02/2020 – 18/12/2020** **Weekly, Mon 1:00 - 2:30**  
**Location: Karingal Place Room 1** **Tutor: Jo Kidder**

This course is part of the Australian Government Initiative to get older persons to learn the basics and realize 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. There will be multiple short courses run throughout the year. **No fee for this class.**

**20TEC20: Learn to Publish Your Writing On-Line** **Type: 4 Terms**  
**Dates 06/02/2020 – 12/12/2020** **Weekly, Thu 2.45 - 4.15**  
**Location: Karingal Place Room 1** **Tutor Lisa Taylor**

Do you have a story collection of work or content you would like to publish? Writing mentor Lisa Taylor will help you format and edit your content ready for publication and find the right platform for your needs. Options include Facebook, Amazon kpd, Instagram, WordPress etc.

Classes held in our Computer room at U3AF.

Access to and effective use of a Smart phone, Laptop or Home computer and the Internet is essential. You may find that one or two terms is a sufficient time to complete your tasks.

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**20TEC21: BE CONNECTED Computers for Beginners**      **Type: Short Course**  
**Dates: 03/02/2020 – 18/12/2020**      **Weekly, Mon 1:30 – 3.00**  
**Location: Village Church Mt Eliza**      **Tutor: Dennis Mason**

This course is part of the Australian Government Initiative to get older persons to learn the basics and realize 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. There will be multiple short courses run throughout the year. **No fee for this class.**

## Yoga

**20YOG01: Holistic Yoga. Term 1,2 & 4**      **Type: 4 Terms**  
**Dates: 06/02/2020 - 10/12/2020**      **Weekly, Thu 9:30 - 11:00**  
**Location: Karingal Place Room 2**      **Tutor: Marilyn Howe**

Subtle HATHA YOGA PRACTICE, suitable for all abilities. PANAYAMA, ASANA, MEDITATION, YOGANIDRA. Please bring a yoga mat, blanket and cushion. Term 1, 2 and 4

**20YOG02: Yoga Hatha**      **Type: 4 Terms**  
**Dates: 04/02/2020 - 08/12/2020**      **Weekly, 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.