



THE UNIVERSITY OF THE THIRD AGE

# **U3A Frankston**

## **2022 Class Booklet**

Term 1 – 10th January to 10th April

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# Creative Arts

## **22ART01: Monday Afternoon Art Club**

**Type: 4 Terms**

**Dates: 31/01/2022 - 12/12/2022**

**Frequency: Weekly Course, Mon 13:00 - 16:15**

**Location: Karingal Place Room 3**

**Tutor: Keith Broad**

What a way to start your week! Get your creative juices flowing. Whilst these classes 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.

## **22ART02: Friday Morning Art Club**

**Type: 4 Terms**

**Dates: 04/02/2022 - 16/12/2022**

**Frequency: 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.

## **22ART03: Creative Photography**

**Type: 4 Terms**

**Dates: 03/02/2022 - 15/12/2022**

**Frequency: Fortnightly, Thu 13:00 - 14:30**

**Location: Karingal Place Room 2**

**Tutor: Paul Ferrier**

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 Karingal Place the next.

## **22ART04: Oil & Acrylic Art Class Friday pm**

**Type: 4 Terms**

**Dates: 04/02/2022 - 16/12/2022**

**Frequency: Weekly Course, Fri 13:00 - 16:15**

**Location: Karingal Place Room 2**

**Tutor: Carolen Jenkinson**

This class is designed for those specifically interested in painting with oil & acrylic. If you have a passion for art & would like to develop your creative side & connect to your inner self in a friendly atmosphere, come along & join us. The class is suitable for all skill levels from the beginner to those more advanced. Everyone is welcome. Individual tuition will be provided by the tutor. Oil & acrylic painting techniques will be discussed to assist participants in improving their skills. One project will be set each term. There will also be the opportunity to work on your own projects

## **22ART05: Creative Crafts**

**Type: 4 Terms**

**Dates: 03/02/2022 - 15/12/2022**

**Frequency: 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. Ably 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.

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**22ART06: Creative Writing Karingal Place**

**Type: 4 Terms**

**Dates: 01/02/2022 - 13/12/2022**

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

**Location: Karingal Place Room 3**

**Tutor: Ann Simic**

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

**22ART07: Watercolour Class**

**Type: 4 Terms**

**Dates: 04/02/2022 - 16/12/2022**

**Frequency: Weekly Course, Fri 13:00 - 16:15**

**Location: Karingal Place Room 3**

**Tutor: Suren Sorenson**

Course description to follow soon.

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# Fitness, Walking, Rambling, Tai Chi

## **22EXC01: Bike Riding**

**Type: 4 Terms**

**Dates: 06/02/2022 - 11/12/2022**

**Frequency: Weekly Course, 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 0439 562 166 Peter away term 3 but Mornington U3A still riding

## **22EXC02: Exercise to Music. Terms 1, 2 & 4**

**Type: 3 Terms**

**Dates: 31/01/2022 - 12/12/2022**

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

**Location: Frankston North Community Cent Bus 833 Bay 14 Frankston North 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. Please bring a yoga mat. This class is not available during Term 3.

## **22EXC03: Rambling All Over**

**Type: 4 Terms**

**Dates: 09/02/2022 - 14/12/2022**

**Frequency: Random dates as specified, Wed 10:00 - 14:30**

**Location: Off Campus**

**Tutor: Suzanne Byrne**

Easy urban and local walks of 4-7 km. Explore, sightsee, socialise while maintaining fitness. Held on the 2nd and 4th Wednesday of the month during Vic School Terms. Commence 9am at Seaford Railway Station OR drive to location for 10am start. Bring lunch or buy if a suitable outlet is available. Detailed schedule of walks will be emailed to Ramblers, otherwise see the U3AF website or pick up a hard copy from the office. In the event the temperature is forecast to exceed 34C, that day's ramble will not proceed.

## **22EXC04: Tai Chi**

**Type: 4 Terms**

**Dates: 01/02/2022 - 13/12/2022**

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

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

## **22EXC05: Social Golf**

**Type: 4 Terms**

**Dates: 04/02/2022 - 16/12/2022**

**Frequency: Weekly Course, Fri 7:30 - 16:00**

**Location: Off Campus**

**Tutor: Declan Stephenson**

Come have a social game of golf and some friendly banter. Centenary Park Golf Course, McClelland Drive Frankston. Friday morning 7.30am during the summer season, then 8-30 during winter. Runs all year. Concessional fee, 18 holes \$25.00 or 9 Holes \$21.00. Clubs and buggy can be hired. Stay and enjoy drink (coffee, tea, beer or wine) and chat after the game. Open to all levels of golfers. Group lessons can be arranged.

## **22EXC06: Stretching Exercises with Bands**

**Type: 4 Terms**

**Dates: 21/01/2022 - 16/12/2022**

**Frequency: Weekly Course, Fri 9:30 - 10:30**

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

Gentle warm-up doing Yoga & Pilates incorporating the use of balls and bands. Most of the class is based on the floor doing stretching using soft chi balls & stretching bands. Please bring a yoga mat and a drink bottle. NOTE: As you have been previously notified, you must follow COVID protocols including being double vaccinated & wearing a mask to & from the classroom. NOTE: FNCC staff have asked that you wear your Frankston U3A membership card to assist their monitoring of those attending the Centre.

NOTE: This course will not run during the first 2 weeks of March 2022. [No class on Fridays 4th & 11th March.]

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# Mahjong, Crosswords and Games

## **22GAM01: 500 Card Game**

**Type: 4 Terms**

**Dates: 07/02/2022 - 12/12/2022**

**Frequency: Weekly Course, Mon 14:00 - 16:00**

**Location: Karingal Place Room 1**

**Tutor: Peter Stirling**

Play this fascinating card game. Beginners and those who have played before are most welcome. IF YOU ARE A BEGINNER - PLEASE RING PETER ON 0439 562 166 as there is a limit of 3 beginners to start with.

## **22GAM02: Rummikub**

**Type: 4 Terms**

**Dates: 03/02/2022 - 15/12/2022**

**Frequency: Weekly Course, Thu 13:00 - 15:00**

**Location: Karingal Place Room 3**

**Tutor: Robyn Gould**

A brain game for sets of 3 or 4 players per table using numbered tiles. Great fun and very sociable.

Note: \* Max enrolment for this class, will be 16 students.

## **22GAM03: Canasta**

**Type: 4 Terms**

**Dates: 04/02/2022 - 16/12/2022**

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

**Location: Karingal Place Room 1**

**Tutor: Heather Wallis**

Play this fascinating card game. Beginners and those who have played before are most welcome. Please note that there is a limit of 3 beginners. IF YOU ARE A BEGINNER - PLEASE NOTIFY THE OFFICE WHEN YOU ENROL.

Note: \* Max enrolment for this class, will be 16 students.

## **22GAM04: Mah Jong - Introduction (Western Game)**

**Type: 4 Terms**

**Dates: 31/01/2022 - 12/12/2022**

**Frequency: Weekly Course, Mon 13:00 - 16:00**

**Location: Karingal Place Room 2**

**Tutor: Kieth Pyke**

This class assumes no previous knowledge of Mah Jong. It is limited to only 6 students to ensure that each receives direct instruction from a tutor. As students progress, they will 'graduate' to the 'Mah Jong Monday' class that is conducted simultaneously, so they still have access to the tutors if required. Further students could then be invited from the 'Wait List'. All students are encouraged to obtain a copy of 'Improve your Mah Jong' by Patricia A. Thompson and Betty Maloney.

Note: \* Max enrolment for this class, will be 6 students. A wait list is available for this class.

## **22GAM05: Mah Jong - Monday (Western Game)**

**Type: 4 Terms**

**Dates: 31/01/2022 - 12/12/2022**

**Frequency: Weekly Course, Mon 13:00 - 16:00**

**Location: Karingal Place Room 2**

**Tutor: Kieth Pyke**

This class assumes a basic knowledge of Mah Jong, sufficient to enable students to play without direct supervision from a Tutor - although they will still have access to Tutors, if required, as this class shares the venue with 'Mah Jong - Introduction'. All students are encouraged to obtain a copy of 'Improve your Mah Jong' by Patricia A. Thompson and Betty Maloney.

## **22GAM06: Mah Jong - Wednesday (Western Game)**

**Type: 4 Terms**

**Dates: 02/02/2022 - 14/12/2022**

**Frequency: Weekly Course, Wed 13:00 - 16:00**

**Location: Karingal Place Room 2**

**Tutor: Kieth Pyke**

This class assumes a basic knowledge of Mah Jong, sufficient to enable students to play without direct supervision from a Tutor - 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.

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# Current Affairs, History, Science

## **22HUM01: Tales of Mystery Murder & Mayhem**

**Type: 2 Terms**

**Dates: 02/02/2022 - 14/12/2022**

**Frequency: Monthly, Wed 11:15 - 12:45**

**Location: Karingal Place Room 3**

**Tutor: Andrea McCall**

An interactive class covering a wide range of topics - old, ancient & new. Once a month, I will present these topics to you over 90 minutes of anecdotes, conspiracies and good old gossip. No classes in January or December. Hope to see you there to have some informative fun. Frequency: Monthly: 1st Wednesday of the month for the first 2 terms.

Minimum class size: 5

## **22HUM02: Tales of Mystery Murder & Mayhem**

**Type: 2 Terms**

**Dates: 14/02/2022 - 12/12/2022**

**Frequency: Monthly, Mon 11:15 - 12:45**

**Location: Zoom**

**Tutor: Andrea McCall**

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 2021. Once a month, 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. Frequency: Monthly: 2nd. Monday of the month for Terms 1 & 2.

Minimum class size: 5

## **22HUM03: Current Affairs**

**Type: 4 Terms**

**Dates: 04/02/2022 - 15/12/2022**

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

**Location: Karingal Place Room 2**

**Tutor: Ian Browne**

A lively but friendly group discussion that tries to cover most of what is going on in the world each week. We talk about international, Australian and local news events as well as social trends and issues. Come along and get involved or just come along and listen.

Minimum class size: 8

## **22HUM04: Book Discussion Group 2nd Tue**

**Type: 4 Terms**

**Dates: 08/02/2022 - 13/12/2022**

**Frequency: Monthly, Tue 13:00 - 14:30**

**Location: Karingal Place Room 3**

**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.

## **22HUM05: Literature & Film Study**

**Type: 4 Terms**

**Dates: 03/02/2022 - 15/12/2022**

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

**Location: Karingal Place Room 2**

**Tutor: Margaret Mace**

A class where open discussion and conversation is welcomed from all members. Books are attempted to be matched with films, poetry from all sources (old and new) is often featured and of course the classics –Shakespeare and other greats of the Theatre.

Minimum class size: 8

## **22HUM06: Big Ideas**

**Type: 4 Terms**

**Dates: 02/02/2022 - 14/12/2022**

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

**Location: Karingal Place Room 2**

**Tutor: Bill Puls**

An issues-focused course taking a mostly light-hearted approach to the ideas behind human affairs-lectures, videos, discussion.

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**22HUM07: Philosophy****Type: 4 Terms****Dates: 02/02/2022 - 14/12/2022****Frequency: Weekly Course, Wed 9:30 - 11:00****Location: Karingal Place Room 2****Tutor: Don MacDonald**

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.

**22HUM08: Self-Guided Tarot****Type: 4 Terms****Dates: 03/02/2022 - 15/12/2022****Frequency: Weekly Course, Thu 9:30 - 11:00****Location: Karingal Place Room 3****Tutor: Kim Isaacs**

Learn and appreciate the value of using the Tarot cards to give insight and meaning to our lives on a personal and global level. Familiarity with the cards would be useful. It is recommended that you use the Rider Waite Card deck. Notes will be provided & homework will occur.

**22HUM09: Book Club 2nd Thu****Type: 4 Terms****Dates: 10/02/2022 - 08/12/2022****Frequency: Monthly, Thu 11:15 - 12:45****Location: Karingal Place Room 2****Tutor: Ann Williams**

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.

**22HUM10: Mindfulness for Life ZOOM****Type: 4 Terms****Dates: 04/02/2022 - 16/12/2022****Frequency: Weekly Course, Fri 9:30 - 11:00****Location: Zoom****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 understand the inner workings of our mind to regain stability.

Minimum of 3 students.

**22HUM11: Grief, Loss and Change****Type: Short Course****Dates: 02/02/2022 - 09/03/2022****Frequency: Weekly Course, Wed 11:15 - 12:45****Location: Karingal Place Room 1****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))

**22HUM12: Science****Type: 4 Terms****Dates: 01/02/2022 - 13/12/2022****Frequency: Weekly Course, Tue 13:00 - 14:30****Location: Karingal Place Room 2****Tutor: Mary Sanghvi**

We will be looking at what is going on in the world from a scientific viewpoint. Ever since Galileo proved that the Earth was not the centre of the universe, science has been considered "the inconvenient truth". What are the realities of global warming? Where and how did life begin on Earth? How has science changed the world in our lifetimes, and what next? This course combines teaching, discussion and documentaries. No scientific knowledge is required. Only an interest in the world about us. Mary Sanghvi has an Honours degree in Applied Physics. Her career has encompassed: scientific journalism (New Scientist and the Grolier Children's Encyclopedia); high school teaching (maths and science); creation of an award-winning online tutorial program (Kinetic Education).



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**22HUM13: Diseases, Medication, etc.****Type: 1 Term****Dates: 03/02/2022 - 07/04/2022****Frequency: Weekly Course, Thu 14:45 - 16:15****Location: Karingal Place Room 2****Tutor: Noel McKinnon**

The topics covered are clearly very topical & include: \* Viruses/Bacteria/Infections \* Vaccines/Antibodies \* Cholesterol/Stroke \* Alzheimers \* Drug Receptors - How & Whys of Drug Effects \* MERS - SARS - SARS-CoV-2 (ie: COVID-19) \* Medical Disinformation \* Allergies & Drug Reactions \* Prostaglandins & NSAIDS. Questions & discussion welcome.

NOTES: The tutor, Noel McKinnon, has wide experience in Analytical Chemistry. As a pharmacist he spent more than 20 years as Director of Pharmacy at Frankston Hospital & has served on state advisory committees including the area of Drugs & Therapeutics.

**22HUM15: Taste of Tarot****Type: 1 Term****Dates: 02/02/2022 - 06/04/2022****Frequency: Weekly Course, Wed 14:45 - 16:15****Location: Karingal Place Room 1****Tutor: Sue Morrison**

Have you always wondered about Tarot readings and why people are drawn to cartomancy? It's not to predict your future, but for people to gain a greater knowledge of people and life! It's an intriguing form of both divination and applying your knowledge ...that can become a lifelong study if you want it to be. Come along and spend a term exploring the basics of Tarot readings. You will need your own set of Rider-Waite Tarot cards.

**22HUM16: Metaphysical Discussion Group****Type: 4 Terms****Dates: 01/02/2022 - 13/12/2022****Frequency: Fortnightly, Tue 11:15 - 12:45****Location: Karingal Place Room 3****Tutor: Sue Hardie**

Fascinating insights into leading edge science now validate and explain mysteries of what was once considered inexplicable. Through the wisdom of ancient cultures, quantum physics and current spiritual experiences, we can now develop tools to be empowered in our daily lives. Something for everybody. Fortnightly

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# Languages

## **22LAN01: Have fun with German**

**Dates: 03/02/2022 - 15/12/2022**

**Location: Karingal Place Room 3**

**Type: 4 Terms**

**Frequency: Weekly Course, 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. NOTE: This class is not for beginners.

## **22LAN02: French Beginners Plus**

**Dates: 02/02/2022 - 14/12/2022**

**Location: Karingal Place Room 3**

**Type: 4 Terms**

**Frequency: Weekly Course, Wed 14:45 - 16:15**

**Tutor: Lolita Sandrazie**

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.

Tutor's Minimum class size is 8 students.

## **22LAN03: French Conversation**

**Dates: 01/02/2022 - 13/12/2022**

**Location: Karingal Place Room 1**

**Type: 4 Terms**

**Frequency: Weekly Course, 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.

Note: Tutor has asked that the maximum number of students is 9. Minimum number is 5.

## **22LAN04: Auslan**

**Dates: 03/02/2022 - 15/12/2022**

**Location: Karingal Place Room 1**

**Type: 4 Terms**

**Frequency: Weekly Course, Thu 14:45 - 16:15**

**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.

## **22LAN05: Italian Beginners**

**Dates: 01/02/2022 - 13/12/2022**

**Location: Karingal Place Room 1**

**Type: 4 Terms**

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

**Tutor: Maureen Mirabella**

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. Class starts 16/02/21

Note: \* Max enrolment for this room is 14 students. Tutor's Minimum class size is 7 students.

## **22LAN06: Italian Beginners Plus & Advanced**

**Dates: 01/02/2022 - 13/12/2022**

**Location: Karingal Place Room 2**

**Type: 4 Terms**

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

**Tutor: Maureen Mirabella**

BEGINNERS PLUS: Once you have grasped the basics of the Italian language, you will move on here to a broader experience of the Italian language and culture. ADVANCED: For those with a fairly solid foundation in Italian, this course will facilitate your journey towards the understanding of all things Italian.

Note: \* Max enrolment for this room is 15 students. Tutor's Minimum class size is 6 students.

## **22LAN07: German Conversation**

**Dates: 03/02/2022 - 15/12/2022**

**Location: Karingal Place Room 1**

**Type: 3 Terms**

**Frequency: Weekly Course, Thu 13:00 - 14:30**

**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. THIS CLASS WILL NOT RUN IN TERM 3.

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**22LAN09: French Beginners**

**Type: 4 Terms**

**Dates: 02/02/2022 - 14/12/2022**

**Frequency: Weekly Course, Wed 13:00 - 14:30**

**Location: Karingal Place Room 3**

**Tutor: Lolita Sandrazie**

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.

Note: \* Max enrolment for this room is 12 students. Tutors Minimum class size is 6 students.

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# Music Appreciation, Instrumental and Choral Groups

## **22MUS01: Guitar: Intermediate**

**Type: 4 Terms**

**Dates: 02/02/2022 - 14/12/2022**

**Frequency: Weekly Course, Wed 13:00 - 14:30**

**Location: Karingal Place Room 1**

**Tutor: Bill Diver**

(NOTE: This course was previously titled: 'Guitar Play Along') Currently we have two formats: play along and play together. The play along involves playing along with a video of a song with scrolling chords captured from a song playing on [guitaa.com](http://guitaa.com) or derived from riffstation. These chords are computer generated. Where possible they are associated with a video of the band or singer. This format is good to improve chord changes or strumming. We alternate with playing together with an emphasis on synchrony.

## **22MUS02: Ukulele- Beginners**

**Type: 2 Terms**

**Dates: 31/01/2022 - 12/12/2022**

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

**Location: Karingal Place Room 2**

**Tutor: Marian de Souza**

This is a six month course to get started on playing the Ukulele. We will learn basic chords & strums. You will also have to sing along with your strumming. Students to bring their own Ukulele.

Tutor's minimum class size is 5 students.

## **22MUS03: Jazz Choral Group**

**Type: 4 Terms**

**Dates: 04/02/2022 - 16/12/2022**

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

**Location: Karingal Place Room 2**

**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.

## **22MUS04: Folk Guitar & Singalong: Beginners**

**Type: 4 Terms**

**Dates: 01/02/2022 - 13/12/2022**

**Frequency: Weekly Course, Tue 13:00 - 14:30**

**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.

## **22MUS05: Folk Guitar+Melody(Fingerstyle)(Experien**

**Type: 4 Terms**

**Dates: 01/02/2022 - 13/12/2022**

**Frequency: Weekly Course, Tue 14:45 - 16:15**

**Location: Karingal Place Room 1**

**Tutor: Margaret Gleadall**

A continuation and further development of skills learned in the beginners class. (The beginners class focuses 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.

NOTE: This class is NOT for BEGINNERS.

## **22MUS06: The World of Classic Jazz**

**Type: 4 Terms**

**Dates: 31/01/2022 - 12/12/2022**

**Frequency: 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.

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**22MUS07: The Singers & The Song****Type: 4 Terms****Dates: 31/01/2022 - 12/12/2022****Frequency: 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.

**22MUS08: Choir Frankston Uniting Church****Type: 4 Terms****Dates: 03/02/2022 - 15/12/2022****Frequency: Weekly Course, Thu 9:30 - 12:00****Location: Uniting Church****Tutor: .....**

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.

**22MUS09: Continuing Ukulele Class****Type: 2 Terms****Dates: 04/02/2022 - 24/06/2022****Frequency: Weekly Course, Fri 9:30 - 11:00****Location: Karingal Place Room 1****Tutor: Di Major**

This class is for those who have completed the Beginners' class or who can already play basic chords on the ukulele. The aim is to practise and continue to learn new songs, chords and strums.

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# Social Activities

## **22SOC01: Social Group**

**Type: 4 Terms**

**Dates: 01/02/2022 - 13/12/2022**

**Frequency: Weekly Course, Tue 11:15 - 13:00**

**Location: Off Campus**

**Tutor: Sue Ansell**

Would you like to have coffee or lunch with other U3A members? We will meet every Tuesday in Nancy's Cafe at Frankston RSL . Coffee at 11.15am and stay for lunch if you wish. NOTE: The 1pm finish time is only nominal as the U3A system requires a finish time to be entered!

## **22SOC02: Social Movie Nights**

**Type: 4 Terms**

**Dates: 08/02/2022 - 13/12/2022**

**Frequency: Monthly, Tue 19:00 - 23:00**

**Location: Off Campus**

**Tutor: Leonie Price**

All members of the Social Movie Night 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. If you do not have an email address you may contact the office for details or watch our notice boards for details. Our movie nights are subject to Covid 19 Regulations.

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# Summer Courses

## **21SUM01: Life Through the Moving Image**

**Type: Short Course**

**Dates: 06/01/2022 - 27/01/2022**

**Frequency: Weekly Course, Thu 10:00 - 12:30**

**Location: Karingal Place Room 2**

**Tutor: Brian Donnelly**

Using movies and TV shows, one can see how life is presented and driven. NOTE: There is a minimum class size of 5 members. NOTE: If you are unable to enrol online then you may call the office on 9770 1042 until 17th December or send an email to [office@u3af.org.au](mailto:office@u3af.org.au) or to [classcoord@u3af.org.au](mailto:classcoord@u3af.org.au)

## **21SUM02: Summer Art**

**Type: Short Course**

**Dates: 06/01/2022 - 27/01/2022**

**Frequency: Weekly Course, Thu 10:00 - 12:30**

**Location: Karingal Place Room 3**

**Tutor: Keith Broad**

This Summer Art class will accommodate students interested in a variety of art media. The class is supported by tutor, Keith Broad. He will guide students on their individual art projects and can 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 come along & be creative whilst spending time with like-minded people.

Bring your own art materials. Please note: students painting in oil paints are encouraged to use either water soluble oils or water soluble mediums. NOTE: If you are unable to enrol online then you may call the office on 9770 1042 until 17th December or send an email to [office@u3af.org.au](mailto:office@u3af.org.au) or to [classcoord@u3af.org.au](mailto:classcoord@u3af.org.au)

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# Computers, Smartphone, Tablets

## **22TEC01: Be Connected Computers for Beginners**

**Type: Short Course**

**Dates: 31/01/2022 - 12/12/2022**

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

**Location: Karingal Place Room 1**

**Tutor: Pam Mitchard**

This course is part of the Australian Government Initiative to assist 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.

## **22TEC02: Modern Tech/Windows 10/11 & Office.**

**Type: 4 Terms**

**Dates: 02/02/2022 - 14/12/2022**

**Frequency: Weekly Course, 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. This class will also cover an introduction to Windows 10 and MS Office and some of the more common features of the operating system. We will also discuss any problems you have and find solutions.

## **22TEC03: Be Connected Computers for Beginners**

**Type: Short Course**

**Dates: 04/02/2022 - 08/04/2022**

**Frequency: Weekly Course, Fri 13:15 - 14:45**

**Location: Karingal Place Room 1**

**Tutor: Peter Stirling**

This course is part of the Australian Government Initiative to assist 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.



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# Yoga

**22YOG01: Yoga Hatha**

**Type: 4 Terms**

**Dates: 01/02/2022 - 13/12/2022**

**Frequency: 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 ..... relaxation. Suitable for beginners and the experienced.

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