



THE UNIVERSITY OF THE THIRD AGE

## **U3A Frankston**

### **2023 Courses**

9 January 2023

#### **U3A Frankston Contact Details**

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## Creative Arts

### **23ART01: Monday Afternoon Art Club**

**Type: 4 Terms**

**Dates: 30/01/2023 - 11/12/2023**

**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.

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### **23ART02: Friday Afternoon Art Club**

**Type: 4 Terms**

**Dates: 03/02/2023 - 15/12/2023**

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

**Location: Karingal Place Room 3**

**Tutor: Keith Broad**

FAAC is a class that will accommodate students interested in a variety of art media, including watercolour. The art club is supported by tutors, Keith Broad & Suren Sorenson. They will guide students on their individual art projects as well as provide tutorials on drawing, composition and colour. Keith & Suren will also demonstrate techniques and monitor their application by students. The tutors would like the class 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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### **23ART03: Oil & Acrylic Art Class Friday pm**

**Type: 4 Terms**

**Dates: 03/02/2023 - 15/12/2023**

**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

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### **23ART05: Creative Photography**

**Type: 4 Terms**

**Dates: 02/02/2023 - 14/12/2023**

**Frequency: Weekly Course, 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.

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### **23ART06: Paint By Numbers**

**Type: 1 Term**

**Dates: 03/02/2023 - 07/04/2023**

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

**Location: Karingal Place Room 1**

**Tutor: Robin Fergusson**

This short course will suit those who are not necessarily very artistic, but want to create some really beautiful and special art. Good for the soul! For example you may wish to photograph a pet or a favourite scene and have it sent for scanning which will produce a fine grid with specific colours specified for each small area.

NOTE: There will be a COST FOR SCANNING & PAINTS.

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**23ART07: Creative Writing**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

**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.

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**23ART08: Creative Crafts**

**Type: 4 Terms**

**Dates: 02/02/2023 - 14/12/2023**

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

**Location: Karingal Place Room 1**

**Tutor: Sandra Swinbank**

The happy buzz emanating from Room 1 comes from the industrious and talented members of the Creative Crafts class. 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.

Maximum class size: 6

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**23ART09: Zentangling**

**Type: 2 Terms**

**Dates: 02/02/2023 - 22/06/2023**

**Frequency: None, Thu 14:45 - 16:15**

**Location: Karingal Place Room 2**

**Tutor: Sue Morrison**

Zentangle is for everyone; no art skills required. It is good for stress relief, eye-hand coordination, creativity & relaxing. If you have paper, pencil, etc., you can Zentangle. Great for peace or socialising.

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**23ART10: Mainly Pastels: Art Workshop**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

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

**Location: Karingal Place Room 2**

**Tutor: Manfred Jung**

Bring any pastel colours, crayons or pencils, paper, (white or coloured). Pastel can also be used for mixed media in water colour painting and acrylic painting, etc.

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## Excursions

**23EXC01: Excursion Program**

**Type: None**

**Dates: 15/02/2023 - 15/11/2023**

**Frequency: Monthly, Wed 0:00 - 0:00**

**Location: None**

**Tutor: Barbara von Blomberg**

NOTE: This is a full list of the 8 excursions planned for the year. You will not be able to enrol here (23EXC01). We will create separate 'classes' for each excursion. Date Time Details Cost TERM 1 (30 Jan - 6 Apr) 15/02/2023 10:30am Naked Racer Motorbike Museum/Bistro, Moorabbin free Ground floor, upper balcony displays via stairs. Cafe within ground level. 15/03/2023 11:00am TIME \* RONE Flinders St Station Exhibition \$34.70 Conc DDA compliant ramp at street level, Lift to 3rd floor. TERM 2 (24 Apr - 23 Jun) 17/05/2023 tba HMAS CERBERUS, Nelson Rd Vic 3920 tba Details: tba 21/06/2023 11:15am History of State Library Mel, guided tour free Wheelchair access, tour runs for 1 hour. TERM 3 (10 Jul - 15 Sep) 19/07/2023 tba Aviation Museum, Moorabbin \$7.00 Conc Details: tba 16/08/2023 11:00am Mel Town Hall guided tour, incl Organ free Tour runs 1 hour. More det's tba... TERM 4 (2 Oct - 20 Dec) 18/10/2023 tba Royal Exhibition Building, Dome Promenade, Mel \$23.00 Conc 3 Levels of exhibitions wheelchair accessible, Dome Promenade only via stairs. 15/11/2023 tba Old Treasury Bldg, Mel (free for Individuals, self guided) \$10.00 pp Step free access from back of bldg, lifts to all floors. Guided Tour Excursions run every 3rd Wednesday of the month during Terms. Minimum 8 people, maximum 20 people.

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**23EXC02: Naked Racer Motorbike Museum**

**Type: None**

**Dates: 15/02/2023 - 15/02/2023**

**Frequency: 1 Day Course, Wed 10:30 - 13:00**

**Location: Off Campus**

**Tutor: Barbara von Blomberg**

Let's start the year with a BANG! The Naked Racer Motorbike Museum has got about 250 antique motorbikes on display and the owner will give us a guided tour and some insight into his passion for these machines. (Mostly ground floor plus upper level balcony via stairs). A Cafe/Bar is integrated within the museum at ground level and I will book a table so we can stay for coffee and/or lunch. Deadline for bookings is Feb 8, 2023. We will meet at 10.30am at The Naked Racer Moto Co 1 Grange Rd, Cheltenham Vic 3192 If you need a lift, please let me on know 0419364927

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**23EXC03: TIME\*NONE:Exhibition Flinders St Station**

**Type: None**

**Dates: 15/03/2023 - 15/03/2023**

**Frequency: 1 Day Course, Wed 11:00 - 12:00**

**Location: Off Campus**

**Tutor: Barbara von Blomberg**

This extraordinary exhibition by Street Artist Tyrone Wright from Geelong, better known as Rone, takes us back to the Melbourne after WWII, when the city was vibrant with migrants from all over the world, mainly from Europe. Over the past 3 years, Rone created this exhibition, 'TIME', in the abandoned 3rd floor of Flinders Street Station as a tribute to the city and this iconic building. So come and be mesmerised... We will take the 9.23am train from Seaford Station travelling in the last carriage.. Arr at 10.24am at Flinders St Station Please carry your Myki & Concession cards & face mask. Deadline for bookings is Friday February 17, 2023. Tickets are \$ 34.70 Concession Refund policy: Once tickets have been booked and issued, there will be NO REFUND

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**23EXC04: HMAS CERBERUS Mornington Peninsula**

**Type: None**

**Dates: 17/05/2023 - 17/05/2023**

**Frequency: 1 Day Course, Wed 0:00 - 0:00**

**Location: Off Campus**

**Tutor: Barbara von Blomberg**

Further details to follow.

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**23EXC05: History of State Library Melbourne, guided tour**

**Type: None**

**Dates: 21/06/2023 - 21/06/2023**

**Frequency: 1 Day Course, Wed 11:15 - 12:15**

**Location: Off Campus**

**Tutor: Barbara von Blomberg**

Guided tour highlighting the history of the State Library Victoria The spaces you'll visit include: Our magnificent heritage reading rooms (La Trobe Reading Room and Redmond Barry Reading Room) where visitors can browse collections of books, magazines and music Our renowned galleries and The Ian Potter Queens Hall The new display of Ned Kelly's armour, alongside his colourfully worded Jerilderie letter. Each tour can facilitate 10 people, and bookings are essential. Wheelchair access, tour runs for 1 hour.

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# Fitness, Walking, Rambling, Tai Chi

## **23EXE01: Bike Riding**

**Type: 4 Terms**

**Dates: 05/02/2023 - 10/12/2023**

**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

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## **23EXE02: Exercise to Music. Terms 1, 2 & 4**

**Type: 3 Terms**

**Dates: 30/01/2023 - 11/12/2023**

**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.

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## **23EXE03: Stretching Exercises with Bands: Not T3**

**Type: 4 Terms**

**Dates: 03/02/2023 - 15/12/2023**

**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 class will not run during Term 3.

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## **23EXE04: Rambling All Over**

**Type: 4 Terms**

**Dates: 01/02/2023 - 13/12/2023**

**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.

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## **23EXE05: Chair Yoga**

**Type: 4 Terms**

**Dates: 30/01/2023 - 11/12/2023**

**Frequency: Weekly Course, Mon 10:00 - 11:00**

**Location: Karingal Place Room 2**

**Tutor: Christine Ponnampalam**

Chair Yoga is a gentle class adapting yoga poses with a chair. This class is based on Hatha Yoga & it cultivates awareness and deep relaxation through meditation, breath work, and gentle stretches all without the stress of getting up and down off the floor.

Class members need stretchy bands which can be purchased from Kmart, Big W, etc.

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## **23EXE06: Social Yoga**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

**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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**23EXE07: Tai Chi**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

**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.

MAX ENROLMENT: The max for this class will be 40 students. This class will be located at Frankston North Community Centre, 26 Mahogany Ave, Frankston.

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**23EXE08: Social Golf**

**Type: 4 Terms**

**Dates: 03/02/2023 - 15/12/2023**

**Frequency: Weekly Course, Fri 7:45 - 10:30**

**Location: Off Campus**

**Tutor: Peter Patterson**

Come have a social game of golf and some friendly banter. Centenary Park Golf Course, McClelland Drive Frankston. Friday morning 7.45am to 10-30am during the summer season, then 8-30am to 11.00am during the remainder of the year. (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.

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## Mahjong, Crosswords and Games

**23GAM01: 500 Card Game**

**Type: 4 Terms**

**Dates: 30/01/2023 - 11/12/2023**

**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.

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**23GAM02: Rummikub**

**Type: 4 Terms**

**Dates: 02/02/2023 - 14/12/2023**

**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.

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**23GAM03: Canasta**

**Type: 4 Terms**

**Dates: 03/02/2023 - 15/12/2023**

**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.

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**23GAM04: Mah Jong - Introduction (Western Game)**

**Type: 4 Terms**

**Dates: 30/01/2023 - 11/12/2023**

**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.

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**23GAM05: Mah Jong - Monday (Western Game)**

**Type: 4 Terms**

**Dates: 30/01/2023 - 11/12/2023**

**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.

Maximum class size is 24.

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**23GAM06: Mah Jong - Wednesday (Western Game)**

**Type: 4 Terms**

**Dates: 01/02/2023 - 13/12/2023**

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

**Location: Karingal Place Room 2**

**Tutor: Robyn Andrews**

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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**23GAM07: Table Tennis at Mt Eliza Thursday**

**Type: 4 Terms**

**Dates: 16/02/2023 - 14/12/2023**

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

**Location: Off Campus**

**Tutor: None**

Mt Eliza 55 Plus Club has made their table tennis room available to our members. We are initially offering Thursday afternoons & Friday mornings but, depending on the response, one of these time slots may be cancelled. Table Tennis players would need to pay O55s Club annual membership fee of \$10. You will be contacted around mid-February when we anticipate that final arrangements will be made. Enquiries to Graham Wallis, Course Coordinator.

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**23GAM08: Table Tennis at Mt Eliza Friday**

**Type: 4 Terms**

**Dates: 17/02/2023 - 15/12/2023**

**Frequency: Weekly Course, Fri 9:30 - 12:00**

**Location: Off Campus**

**Tutor: None**

Mt Eliza 55 Plus Club has made their table tennis room available to our members. We are initially offering Thursday afternoons & Friday mornings but, depending on the response, one of these time slots may be cancelled. Table Tennis players would need to pay O55s Club annual membership fee of \$10. You will be contacted around mid-February when we anticipate that final arrangements will be made. Enquiries to Graham Wallis, Course Coordinator.

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## Current Affairs History Science

### 23HUM01: Book Discussion Group 2nd Tue

Type: 4 Terms

Dates: 14/02/2023 - 12/12/2023

Frequency: Monthly, Tue 11:15 - 12:45

Location: Karingal Place Room 2

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.

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### 23HUM02: Book Club 2nd Thu

Type: 4 Terms

Dates: 02/02/2023 - 14/12/2023

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. 2nd Thursday of the month - including school holidays. Note: Max enrolment for this class is 9 students because only 9 books available.

With a new variant of the Covid virus spreading I think this article by Dr David Berger from 'The Age' is relevant. <https://www.theage.com.au/national/the-notion-that-covid-19-has-been-vanquished-is-not-supported-by-the-facts-20221031-p5budz.html> In the article he says 'We weren't asked if an initial push to vaccinate, followed by total surrender to transmission, was what we wanted, when actually there is so much we can do to keep ourselves healthy, including a rolling program of boosters, vaccination of the younger children, better masking and improving the quality of our shared indoor air through better ventilation and filtration.' Please note that all our rooms at U3AF have air purifiers that are powerful enough to filter out any virus.

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### 23HUM03: Current Affairs

Type: 4 Terms

Dates: 03/02/2023 - 15/12/2023

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

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### 23HUM04: Literature & Film Study

Type: 4 Terms

Dates: 02/02/2023 - 14/12/2023

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. Class discussion welcome.

Minimum class size: 8

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### 23HUM05: Big Ideas

Type: 4 Terms

Dates: 01/02/2023 - 13/12/2023

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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**23HUM06: Philosophy**

**Type: 4 Terms**

**Dates: 01/02/2023 - 13/12/2023**

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

**Location: Karingal Place Room 2**

**Tutor: Don MacDonald**

This class is a general look at Philosophy, addressing the issues explored by the "Analytic Stream" or sometimes described as "Western" thinking. Other streams of Philosophy such as the Continental Stream, and the many Eastern Streams will be touched upon from time to time to provide a comparative consideration of key topics. Various sources will be considered and referenced so that a balanced view of philosophical thinking is approached. A willingness to engage in class discussions is highly desirable as we seek, as an outcome, to develop a community of inquiry that will afford respectful and vigorous discourse on key philosophical issues. No prior knowledge of philosophy is necessary. Finally, access to the internet would be helpful, as most subject matter will be drawn from freely available material on Philosophy uploaded to it.

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**23HUM07: Tales of Mystery Murder & Mayhem**

**Type: 4 Terms**

**Dates: 13/02/2023 - 13/11/2023**

**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. 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.

Minimum class size: 5

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**23HUM08: History As We Don't Know It**

**Type: 4 Terms**

**Dates: 01/02/2023 - 13/12/2023**

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

**Location: Karingal Place Room 3**

**Tutor: Andrea McCall**

Do you think what you learned was true? Do you like conspiracies? Are you a bit of a History buff?

Minimum class size: 5

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**23HUM09: Tarot Appreciation**

**Type: 4 Terms**

**Dates: 02/02/2023 - 14/12/2023**

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

**Location: Karingal Place Room 3**

**Tutor: Sue Morrison**

Learn about Tarot cards and advance your appreciation of the value of Tarot cards to give you an insight and meaning for our lives on a personal and global level. Any level of experience is welcome. It is recommended that you use the Rider Waite Card deck and bring the deck to class

Minimum class size: 4

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**23HUM10: Mindfulness for Life ZOOM**

**Type: 4 Terms**

**Dates: 03/02/2023 - 15/12/2023**

**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 the inner workings of our mind to regain stability.

Minimum of 3 students.

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**23HUM11: Metaphysical Discussion Group**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

**Frequency: Fortnightly, Tue 11:15 - 12:45**

**Location: Karingal Place Room 3**

**Tutor: Therese Gregory**

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

### **23LAN01: Have fun with German**

**Type: 4 Terms**

**Dates: 09/03/2023 - 14/12/2023**

**Frequency: 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 want to refresh your knowledge, please join us. NOTE: This class is not for beginners. NOTE: THIS CLASS WILL COMMENCE ON 9th MARCH 2023. (It will not run before this date.)

Minimum class size: 3

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### **23LAN02: French Beginners**

**Type: 4 Terms**

**Dates: 01/02/2023 - 13/12/2023**

**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.

Max enrolment for this room is 12 students. Minimum class size is 4 students. NOTE: New students will not be accepted into the class after the first 2 or 3 weeks.

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### **23LAN03: French Beginners Plus**

**Type: 4 Terms**

**Dates: 01/02/2023 - 13/12/2023**

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

**Location: Karingal Place Room 3**

**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.

Minimum class size is 4 students. NOTE: New students will not be admitted into the course after the first 2 or 3 weeks.

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### **23LAN04: French Conversation**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

**Frequency: 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 with verbal corrections by the tutor.

Maximum number of students is 9. Minimum number is 4. NOTE: THIS CLASS DOES NOT RUN DURING TERM 3 due to a number of class members being unable to attend at that time.

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### **23LAN05: Auslan**

**Type: 4 Terms**

**Dates: 02/02/2023 - 14/12/2023**

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

**Location: Karingal Place Room 1**

**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.

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### **23LAN06: Spanish Conversation**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

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

**Location: Karingal Place Room 3**

**Tutor: Maria Keightley**

This course is aimed at 'continuing' students. You will need to have at least a basic knowledge of the language. (The minimum class size is 3 students.)

The Tutor, Maria Keightley, is a native speaker of Spanish.

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**23LAN07: Spanish for beginners**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

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

**Location: Karingal Place Room 3**

**Tutor: Maria Keightley**

Bring your interest in 'things Spanish' and your sense of humour. This course is aimed at students with little or no knowledge of the language.

The Tutor, Maria Keightley, is a native speaker of Spanish. Minimum class size: 3

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**23LAN08: German Conversation**

**Type: 3 Terms**

**Dates: 02/02/2023 - 14/12/2023**

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

**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 practised with grammar taught or revised. THIS CLASS WILL NOT RUN IN TERM 3.

Max enrolment for this room is 10 students.

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## Music Appreciation Instrumental and Choral Groups

**23MUS01: Guitar: Intermediate**

**Type: 4 Terms**

**Dates: 01/02/2023 - 13/12/2023**

**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](http://riffstation.com). 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.

Minimum class size is 4 students.

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**23MUS02: Continuing Ukulele Class**

**Type: 4 Terms**

**Dates: 03/02/2023 - 11/12/2023**

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

**Location: Karingal Place Room 2**

**Tutor: Marian de Souza**

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 practice and continue to learn new songs, chords and strums.

Minimum class size: 5

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**23MUS03: Jazz Choral Group**

**Type: 4 Terms**

**Dates: 03/02/2023 - 15/12/2023**

**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.

Minimum class size: 5

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**23MUS04: Folk Guitar, Singalong & MORE: Beginners**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

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

**Location: Karingal Place Room 1**

**Tutor: Margaret Gleadall**

This class is aimed at beginners: - if you enjoy music, conversation & fun, this class is for you. No previous knowledge or experience is necessary. The course will focus on basic guitar details such as instrument structure, care & tuning; chords & theory; ear training; singing along to guitar accompaniment & strumming styles. Students will require a guitar & a folder for handouts. Short-term guitar loans are possible. Students are GUARANTEED to be able to play songs in 30 minutes.

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**23MUS05: Folk Guitar, Singalong, a Little Classic**

**Type: 4 Terms**

**Dates: 03/01/2023 - 12/12/2023**

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

**Location: Karingal Place Room 1**

**Tutor: Margaret Gleadall**

This class is a continuation and further development of skills learned in the beginners class. Students will be introduced to musical notation, including 'tab', finger style, classical as well as a range of musical genres. Students will require a guitar and a folder for handouts. Short-term guitar loans are possible.

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**23MUS06: The World of Classic Jazz**

**Type: 4 Terms**

**Dates: 30/01/2023 - 11/12/2023**

**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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**23MUS07: The Singers & The Song**

**Type: 4 Terms**

**Dates: 30/01/2023 - 11/12/2023**

**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.

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**23MUS08: Choir Frankston Uniting Church**

**Type: 4 Terms**

**Dates: 02/02/2023 - 30/11/2023**

**Frequency: Weekly Course, Thu 9:30 - 12:30**

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

**Tutor: Liz Sagiakos**

Our motto is 'We Sing for Fun'. We are a community based SATB (Soprano Alto Tenor Bass) part singing choir. Members do not need to read music but the ability to do so is an advantage.

Choir Coordinator: Liz Sagiakos Choir Conductor: Heather Wicks

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**23MUS09: Ukulele- Beginners**

**Type: 2 Terms**

**Dates: 03/02/2023 - 15/12/2023**

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

**Location: Karingal Place Room 1**

**Tutor: Richard Hill**

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.

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## Social Activities

### **23SOC01: Social Movie Nights**

**Type: 4 Terms**

**Dates: 07/02/2023 - 12/12/2023**

**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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### **23SOC02: Social Group**

**Type: 4 Terms**

**Dates: 07/02/2023 - 12/12/2023**

**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! AN AMENDED COURSE DESCRIPTION FOR 2023 TO COME SOON.

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## Guest Speakers

### **23SGS01: Regreening Planet for Health & Wellbeing**

**Type: 1 Day**

**Dates: 09/03/2023 - 09/03/2023**

**Frequency: None, Thu 13:00 - 14:30**

**Location: Karingal Place Room 2**

**Tutor: None**

Are climate change and global warming inevitable? Can we feed a world population of ten billion people? Imagine a lush green planet with healthy plants, animals and people, providing plenty of nutritious food and quality drinking water for everyone. Does it sound too good to be true? How we farm and the food we choose to eat significantly impacts our health. In the same way, farming affects the planet's health, as evidenced by climate change. Instead of focussing on carbon dioxide and methane, let's focus on the global mismanagement of farmland. We must teach farmers worldwide how to adopt regenerative farming practices to heal the planet and ourselves. The presentation will be followed by a Q and A session.

The presenter of this session is Dr John Beaney from Mornington. He is well-known in local U3As for talks on related topics. The following personal background information has been provided by Dr Beaney: "In 2014, having retired after forty years as a GP and weighing 108 kilos, I commenced an in-depth study of nutrition, changed my diet, lost 24 kilos, and commenced sharing with other U3A members my understanding of this ever-evolving and fascinating subject. My attention has now expanded to include planetary impacts of our modern diet."

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## Summer Courses

**23SUM01: Life Through the Moving Image**

**Type: Short Course**

**Dates: 11/01/2023 - 25/01/2023**

**Frequency: Weekly Course, Wed 10:00 - 13:00**

**Location: Karingal Place Room 2**

**Tutor: Brian Donnelly**

Using movies and TV shows, one can see how life is presented and driven. There is a minimum class size of 5 members. Sessions will be 2.5 to 3 hours long & there will be an intermission during each session. NOTE: If you are unable to enrol online then you may call the office on 9770 1042 until 16th December or send an email to office@u3af.org.au or to classcoord@u3af.org.au

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## Computers, Smartphone, Tablets

**23TEC01: Be Connected Computers for Beginners**

**Type: Short Course**

**Dates: 30/01/2023 - 11/12/2023**

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

**Location: Karingal Place Room 1**

**Tutor: Barbara von Blomberg**

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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**23TEC02: Be Connected Computers for Beginners**

**Type: 1 Term**

**Dates: 01/02/2023 - 13/12/2023**

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

**Location: Karingal Place Room 1**

**Tutor: Johanna Varghese**

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. NOTE: This class will not operate on the 3rd Monday of each month because the room is used for monthly committee meetings.

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**23TEC03: Be Connected Computers for Beginners**

**Type: Short Course**

**Dates: 02/02/2023 - 14/12/2023**

**Frequency: Weekly Course, Thu 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.

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**23TEC04: Computers & Technology**

**Type: 4 Terms**

**Dates: 31/01/2023 - 12/12/2023**

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

**Location: Karingal Place Room 1**

**Tutor: Karen Colquhoun**

This course offers the tools to engage in the "digital world" safely and confidently. Bring your personal mobile devices (smart phones, laptops or iPads) and learn the fundamentals of using them confidently. Topics include but not limited to: o Online safety: How to avoid scams o Finding information o Social networking: Facebook, Instagram, Twitter o Online shopping o Online banking and other services (gas, electricity) We all have different interests and needs so lessons can be personalised to your specific needs. "

Max enrolment: 12 students.

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**23TEC05: Compare Service Providers: Phone, gas, etc.**

**Type: Short Course**

**Dates: 01/03/2023 - 17/05/2023**

**Frequency: Random dates as specified, Wed 9:30 - 11:00**

**Location: Karingal Place Room 1**

**Tutor: Mark Dunn**

Our parents would have never changed banks or phone companies or insurers, even if they had a choice. For them, loyalty was a key attribute and they trusted that the providers would always be providing the best service for the least cost. Who thinks that way now? Loyalty is a thing of the dim, dark past. Customer satisfaction seems to be not that far behind. And the explosion of choice just makes it all the harder to make a choice. So who do we trust? Who do we ask? Service providers rely upon you being loyal; being averse to change. You often end up with worse plans than a brand new customer, and that really is annoying. And wasteful. In this one-day session, we will look at the more reliable options and possibly, hopefully, save you some money. Bring along a gas or power bill and see what you find. At the very least you'll have some satisfaction that your current provider is giving you a good deal.

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