



THE UNIVERSITY OF THE THIRD AGE

Frankston



U3A Frankston Contact Details

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Every Australian online.

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 5th 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:	Don Fergusson
Treasurer:	Ellen Sluijs
Secretary:	Faye Flowerday
General Committee:	Leonie Price (Office Manager) Terry Morrison-Story (Course Co-Ordinator) Ann Williams, Robin Fergusson, Mary Martin, Michele Beech, Gerard Velnoweth, Marilyn Pelman Shelley Ryan

Office Hours

The U3A Frankston Office is open Monday to Friday from 10am to 1pm but closed for Public & School Holidays. When there is no-one in the Office to answer the phone, please leave a message or call back during Office hours.

Term Dates 2024

- Term 1 29th Jan – 28th Mar (Closed Labour Day Mon 11th March)
- Term 2 15th April to 28th June (Closed King's Birthday Mon 10th June)
- Term 3 15th July to 20th September
- Term 4 7th October to 13th December (Closed Cup Day Tues 5th November)

Renewal of Membership and Enrolment in Classes

At the end of each year, members must renew their membership for the following year and may 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, pay your membership fee and advise of absences from your home computer. Enrolments are via UMAS. However, with late enrolments, you may not get into your chosen classes as they can fill up quickly.

If you wish to use the online registration system via our website, www.u3af.org.au, instructions can be provided from the U3A Frankston Office or you may ring them for help. If you do not wish to use this system you may come to the Office during Office hours for assisted registration. *We only accept EFTPOS payments at the U3A Office.*

Our official enrolment day is usually mid-January. However, you may join U3A Frankston and enroll in classes at any time during the year after enrolment day.

PLEASE NOTE:

On enrolment day, the following guidelines will apply:

1. **Online 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.**

Please do not expect that because you were in a class last year that you will be given first priority for the following year.

3. 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: \$100.00

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.

There are no Term Class Fees.

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 on Ph. 9770 1042 or use the **Report Absences** provision on the UMAS system. 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 is also 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).

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 while attending U3A for health and safety reasons and 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
- Literature and Film Study
- Oil Painting
- Water Colours, Beginners and Advanced

Exercise Based

- Bike Riding
- Exercise to Music
- Rambling All Over
- Stretching Exercises
- Tai Chi
- Yoga

Games

- Canasta
- 500 Card Game
- Mahjong: Introduction, Beginners and Advanced
- Rummikub

Human Interest

- Big Ideas
- Book Discussion Groups
- Current Affairs
- History
- Science
- Tarot for Beginners

Languages

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

Music

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

Technology

- Tablets and Smart Phones
- “Be Connected” computer classes

PLEASE NOTE CLASSES ARE SUBJECT TO CHANGES.

PLEASE CONFIRM SELECTIONS WITH OFFICE.

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Creative Arts

24ART01: Monday Afternoon Art Club

Dates: 29/01/2024 - 09/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

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.

Type: 4 Terms

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

Tutor: Keith Broad

24ART02: Friday Afternoon Art Club

Dates: 02/02/2024 - 13/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

FAAC is a class that will accommodate students interested in a variety of art media, including watercolour. The art club is supported by tutor, Keith Broad. They 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. 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.

Type: 4 Terms

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

Tutor: Keith Broad

24ART03: Creative Crafts

Dates: 01/02/2024 - 12/12/2024

Location: Karingal Place Room 1

Fee: \$0.00

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: 12

Type: 4 Terms

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

Tutor: Sandra Swinbank

24ART04: Creative Writing

Dates: 30/01/2024 - 10/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

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

Type: 4 Terms

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

Tutor: Ann Simic

24ART06: Paint By Numbers**Type: 4 Terms****Dates: 02/02/2024 - 13/12/2024****Frequency: Weekly Course, Fri 13:00 - 14:30****Location: Karingal Place Room 1****Tutor: Robin Fergusson****Fee: \$0.00**

A relaxed and fun course where you will find friendship, relaxation & satisfaction. No previous experience required.

NOTE: There will be a COST FOR SCANNING & PAINTS. Minimum class size: 5

24ART07: Creative Photography**Type: 4 Terms****Dates: 01/02/2024 - 12/12/2024****Frequency: Weekly Course, Thu 13:00 - 14:30****Location: Karingal Place Room 2****Tutor: Paul Ferrier****Fee: \$0.00**

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.

You will need to accept the following waiver when you enroll for each excursion: U3A Frankston External Excursion Waiver By attending this excursion away from the usual premises of U3A Frankston, I confirm that I am a member of U3A Frankston and I also understand that I will take all reasonable care and attention. In the event of an accident, I recognize the responsibility is mine and will make no claim on U3AF.

24ART08: Colouring In & Zen Tangling**Type: 4 Terms****Dates: 06/02/2024 - 10/12/2024****Frequency: Fortnightly, Tue 11:15 - 12:45****Location: Karingal Place Room 3****Tutor: Sue Morrison****Fee: \$0.00**

Just a social outlet with some mindfulness built in through either colouring or learning simple Zen Tangle Patterns. BYO coloured pencils and black highlighter pen.

Minimum class size: 5

24ART09: Mainly Pastels: Art Workshop**Type: 4 Terms****Dates: 30/01/2024 - 10/12/2024****Frequency: Weekly Course, Tue 13:00 - 15:00****Location: Karingal Place Room 3****Tutor: Manfred Jung****Fee: \$0.00**

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.

24ART10: Oil & Acrylic Art Class (Advanced)**Type: 4 Terms****Dates: 02/02/2024 - 13/12/2024****Frequency: Weekly Course, Fri 13:00 - 16:15****Location: Karingal Place Room 2****Tutor: Carolen Jenkinson****Fee: \$0.00**

This class is designed for those with advanced skills 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. 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.

24ART12: Beginners Oil & Acrylic Art Class**Type: 4 Terms****Dates: 31/01/2024 - 11/12/2024****Frequency: Weekly Course, Wed 11:15 - 12:45****Location: Karingal Place Room 3****Tutor: Carolen Jenkinson****Fee: \$0.00**

This beginners' 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. 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.

24ART13: Card Making**Type: 3 Terms****Dates: 14/02/2024 - 11/12/2024****Frequency: Monthly, Wed 9:30 - 11:00****Location: Karingal Place Room 3****Tutor: Patricia Morecroft****Fee: \$0.00**

Learn to make your own Greeting Cards for birthdays/weddings/special occasions etc. A different style each month. Come and have an enjoyable couple of hours learning or extending your knowledge of card crafts. The tutor will provide all consumables (card/paper) at a cost of approximately \$2 per student per class. Participants will need to bring equipment: scissors, ruler, glue, scalpel knife & cutting board, etc.

Excursions

24EXC01: Excursion Program

Dates: 28/02/2024 - 20/11/2024

Location: None

Fee: \$0.00

In 2024 the Excursion Program offers 2 new outings per Term including: * Ferry ride from Stony Point to Cowes * Guided tours of: SLV, HMAS Cerberus Museum, Parliament House, Immigration Museum, Beleura House Mornington & Shrine of Remembrance * Senior's Tea with NGV. NOTE: YOU ARE NOT ABLE TO ENROL FOR AN EXCURSION YET. AN EMAIL WILL BE SENT OUT WHEN THE FIRST EXCURSION IS READY 24EXC02 There will be separate 'courses' or 'classes' set up online giving full details for each of the excursions, where you will be able to enroll. The first will be 24EXC02, etc. Advertising emails will be sent to members when details of each term's excursions have been confirmed.

You will need to accept the following waiver when you enroll for each excursion: U3A Frankston External Excursion Waiver By attending this excursion away from the usual premises of U3A Frankston, I confirm that I am a member of U3A Frankston and I also understand that I will take all reasonable care and attention. In the event of an accident, I recognize the responsibility is mine and will make no claim on U3AF.

Type: 1 Day

Frequency: Monthly 0:00 - 0:00

Tutor: Barbara von Blomberg

24EXC04: Sages Cottage Farm Tour Tea

Dates: 17/04/2024 - 17/04/2024

Location: Off Campus

Fee: \$15.00

Sages Cottage Farm, Tour & Tea. \$ 15 Concession (The times of the day currently shown are approximate only.) Further information to follow.

You will need to accept the following waiver when you enroll for each excursion: U3A Frankston External Excursion Waiver By attending this excursion away from the usual premises of U3A Frankston, I confirm that I am a member of U3A Frankston and I also understand that I will take all reasonable care and attention. In the event of an accident, I recognize the responsibility is mine and will make no claim on U3AF.

Type: 1 Day

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

Tutor: Barbara von Blomberg

24EXC05: Government House Guided Tour

Dates: 24/05/2024 - 24/05/2024

Location: Off Campus

Fee: \$0.00

Guided tour of Government House. (Free) (Current times are approximate only. Further information to follow.)

You will need to accept the following waiver when you enroll for each excursion: U3A Frankston External Excursion Waiver By attending this excursion away from the usual premises of U3A Frankston, I confirm that I am a member of U3A Frankston and I also understand that I will take all reasonable care and attention. In the event of an accident, I recognize the responsibility is mine and will make no claim on U3AF.

Type: 1 Day

Frequency: 1 Day Course, Fri 9:30 - 13:00

Tutor: Barbara von Blomberg

24EXC06: Beleura House Guided Tour

Dates: 05/06/2024 - 05/06/2024

Location: Off Campus

Fee: \$40.00

Guided tour of Beleura House. (Current times are approximate only. Further details to follow.)

You will need to accept the following waiver when you enroll for each excursion: U3A Frankston External Excursion Waiver By attending this excursion away from the usual premises of U3A Frankston, I confirm that I am a member of U3A Frankston and I also understand that I will take all reasonable care and attention. In the event of an accident, I recognize the responsibility is mine and will make no claim on U3AF.

Type: 1 Day

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

Tutor: Barbara von Blomberg

Fitness, Walking, Rambling and Tai Chi

24EXE01: Bike Riding

Dates: 11/02/2024 - 29/12/2024

Location: Off Campus

Fee: \$0.00

Type: 4 Terms

Frequency: Weekly Course, Sun 8:30 - 12:00

Tutor: Peter Stirling

Tutor2: Test Tutor/Student

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

IGNORE THE START AND FINISH DATES ABOVE BIKE RIDING CONTINUES ALL YEAR

24EXE02: Social Golf

Dates: 02/02/2024 - 13/12/2024

Location: Off Campus

Fee: \$0.00

Type: 4 Terms

Frequency: Weekly Course, Fri 7:45 - 10:00

Tutor: Peter Patterson

Social Golf at Centenary Park Golf Course off McClelland Drive Frankston. Friday mornings - 9 holes of Social Golf and Group interaction. Open to all skill levels. Group gathers at Course Pro shop prior to commencing play. Beginning of April to end of September - Start time is 8.15am and ends approximately 10.30am. Please be at course by 8.00am. Daylight saving (Start of October to end of March)- Start time is at 7-45am and ends at approx. 10.00am. Please be at course by 7.30am.

24EXE04: Rambling All Over

Dates: 14/02/2024 - 11/12/2024

Location: Off Campus

Fee: \$0.00

Type: 4 Terms

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

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.

24EXE05: Tai Chi

Dates: 30/01/2024 - 10/12/2024

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

Fee: \$0.00

Type: 4 Terms

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

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.

24EXE06: Exercise to Music. Terms 1, 2 & 4

Dates: 29/01/2024 - 09/12/2024

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

Fee: \$0.00

Type: 3 Terms

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

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.

24EXE07: **Stretching Exercises with Bands: **Type: 3 Terms**
Dates: 02/02/2024 - 13/12/2024 **Frequency: Weekly Course, Fri 9:30 - 10:30**
Location: Frankston North Community Cent Bus 833 Bay 14 Frankston North **Tutor: June Hewitt**
Fee: \$0.00

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: 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.

24EXE08: Table Tennis at Mt Eliza **Type: 4 Terms**
Dates: 01/02/2024 - 12/12/2024 **Frequency: Weekly Course, Thu 13:30 - 15:30**
Location: Off Campus **Tutor: Gail Gill**
Fee: \$0.00

Table tennis is off campus, at the Mt Eliza 55 PLUS Club. It is usually doubles that is played & there will generally be members from the 55 PLUS Club joining in. Please give your contact details to Gail Gill, the tutor.

24EXE09: Chair Yoga **Type: 4 Terms**
Dates: 29/01/2024 - 09/12/2024 **Frequency: Weekly Course, Mon 10:00 - 11:00**
Location: Karingal Place Room 2 **Tutor: Christine Ponnampalam**
Fee: \$0.00

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.

24EXE10: Hatha Yoga **Type: 4 Terms**
Dates: 30/01/2024 - 10/12/2024 **Frequency: Weekly Course, Tue 9:30 - 11:00**
Location: Baxter Community Hall 211 Baxter-Tooradin Rd Baxter **Tutor: Martine Casagrande**
Fee: \$0.00

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.

PLEASE NOTE THAT THIS CLASS WILL MEET AT THE BAXTER COMMUNITY HALL FROM 27TH FEBRUARY 2024.

24EXE11: Leisure Bike Ride **Type: 4 Terms**
Dates: 19/01/2024 - 13/12/2024 **Frequency: Weekly Course, Fri 0:00 - 0:00**
Location: Off Campus **Tutor: None**
Fee: \$0.00

We are still looking for a leader/tutor for 2024. If we find someone, we will let you know. Friday was only a test date. If we find a coordinator, the coordinator will set the riding day. This ride is for members who don't want to the Sunday ride which is 30 to 40kms. The ride will be 8 to 10kms with a coffee break at the half way point. Plenty of time to socialize.

Mahjong, Crosswords and Games

24GAM01: 500 Card Game

Dates: 29/01/2024 - 09/12/2024

Location: Karingal Place Room 1

Fee: \$0.00

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.

Type: 4 Terms

Frequency: Weekly Course, Mon 13:30 - 15:30

Tutor: Peter Stirling

24GAM02: Rummikub

Dates: 01/02/2024 - 12/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

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

Type: 4 Terms

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

Tutor: Robyn Gould

24GAM03: Canasta

Dates: 02/02/2024 - 13/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

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.

Type: 4 Terms

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

Tutor: Heather Wallis

24GAM04: Mah Jong - Introduction (Western Game)

Dates: 31/01/2024 - 11/12/2024

Location: Karingal Place Room 2

Fee: \$0.00

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 Wednesday' 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.

Type: 4 Terms

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

Tutor: Kieth Pyke

Tutor2: Robyn Andrews

24GAM05: Mah Jong - Monday (Western Game)

Dates: 29/01/2024 - 09/12/2024

Location: Karingal Place Room 2

Fee: \$0.00

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.

Maximum class size is 30.

Type: 4 Terms

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

Tutor: Kieth Pyke

Tutor2: Robyn Andrews

24GAM06: Mah Jong - Wednesday (Western Game)

Type: 4 Terms

Dates: 31/01/2024 - 11/12/2024

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

Location: Karingal Place Room 2

Tutor: Robyn Andrews

Fee: \$0.00

Tutor2: 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.

Maximum class size is 24.

Current Affairs, History and Science

24HUM01: Book Discussion Group 2nd Tue

Dates: 13/02/2024 - 10/12/2024

Location: Karingal Place Room 2

Fee: \$0.00

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.

Type: 4 Terms

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

Tutor: Robyn Gould

24HUM02: Book Club 2nd Thu

Dates: 08/02/2024 - 12/12/2024

Location: Karingal Place Room 2

Fee: \$0.00

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 are available.

Type: 4 Terms

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

Tutor: Ann Williams

24HUM03: Big Ideas

Dates: 31/01/2024 - 11/12/2024

Location: Karingal Place Room 2

Fee: \$0.00

An issues-focused course taking a mostly light-hearted approach to the ideas behind human affairs. The class includes lectures, videos & discussions.

Type: 4 Terms

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

Tutor: Bill Puls

24HUM04: Tarot Appreciation

Dates: 01/02/2024 - 12/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

Learn about Tarot cards and advance your appreciation of the value of Tarot cards to give 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

Type: 4 Terms

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

Tutor: Sue Morrison

24HUM06: Greek Mythology

Dates: 30/01/2024 - 26/03/2024

Location: Karingal Place Room 1

Fee: \$0.00

This course will include the following topics: Cosmology, the Gods & religious customs. The Oracles and the Myths of Attica, the Argolid, etc. The Greek Games. The Trojan War. Odysseus - the Voyage Home.

Type: 1 Term

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

Tutor: Con. Demopoulos

24HUM07: Current Affairs

Dates: 02/02/2024 - 13/12/2024

Location: Karingal Place Room 2

Fee: \$0.00

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

Type: 4 Terms

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

Tutor: Ian Browne

24HUM10: Literature & Film Study**Type: 4 Terms****Dates: 01/02/2024 - 12/12/2024****Frequency: Weekly Course, Thu 9:30 - 11:00****Location: Karingal Place Room 2****Tutor: Margaret Mace****Fee: \$0.00**

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. Planned for 2024: Shakespeare; Antony & Cleopatra. Henrik Ibsen; Hedda Gabler. Short plays including Judy Dench in Shakespeare's Othello.

Minimum class size: 8

24HUM11: Metaphysical Discussion Group**Type: 4 Terms****Dates: 30/01/2024 - 10/12/2024****Frequency: Fortnightly, Tue 11:15 - 12:45****Location: Karingal Place Room 3****Tutor: Therese Gregory****Fee: \$0.00**

Fascinating insights into leading edge science that now validates and explains 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

24HUM12: Philosophy**Type: 4 Terms****Dates: 31/01/2024 - 11/12/2024****Frequency: Weekly Course, Wed 9:30 - 11:00****Location: Karingal Place Room 2****Tutor: Don MacDonald****Fee: \$0.00**

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.

24HUM13: New Book Club 4th Thu**Type: 4 Terms****Dates: 22/02/2024 - 28/11/2024****Frequency: Monthly, Thu 11:15 - 12:45****Location: Karingal Place Room 2****Tutor: Betty Stampton****Fee: \$0.00**

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. 4th Thursday of the month - including school holidays. Note: Max enrolment for this class is 9 students because only 9 books are available.

24HUM14: Life Through the Moving Image**Type: Short Course****Dates: 03/04/2024 - 10/04/2024****Frequency: Weekly Course, Wed 10:00 - 13:00****Location: Karingal Place Room 2****Tutor: Brian Donnelly****Fee: \$0.00**

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 enroll online then you may call the Office on 9770 1042 or send an email to office@u3af.org.au

24HUM17: Tales of Mystery Murder & Mayhem

Type: 4 Terms

Dates: 05/02/2024 - 09/12/2024

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

Location: Zoom

Tutor: Andrea McCall

Fee: \$0.00

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 NOTE: This class is run on ZOOM.

Languages

24LAN02: **German Conversation

Dates: 01/02/2024 - 12/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

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: The tutor will be in Germany from March to September, but the group will probably continue on their own during that time.

Type: 4 Terms

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

Tutor: Heidi Schliephake

24LAN03: **French Conversation

Dates: 30/01/2024 - 10/12/2024

Location: Karingal Place Room 1

Fee: \$0.00

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 3.

Type: 4 Terms

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

Tutor: Michele Sombardier

24LAN04: **French Beginners Plus

Dates: 31/01/2024 - 11/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

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.

Type: 4 Terms

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

Tutor: Lolita Sandrazie

Tutor2: Mary Sanghvi

24LAN05: **French Beginners

Dates: 31/01/2024 - 11/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

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.

Type: 4 Terms

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

Tutor: Lolita Sandrazie

Tutor2: Mary Sanghvi

24LAN06: **Auslan

Dates: 01/02/2024 - 12/12/2024

Location: Karingal Place Room 2

Fee: \$0.00

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.

Max Number is 14

Type: 4 Terms

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

Tutor: Marie Hanak

24LAN07: **Have Fun with German**Dates: 01/02/2024 - 12/12/2024****Location: Karingal Place Room 1****Fee: \$0.00****Type: 2 Terms****Frequency: Weekly Course, Thu 13:00 - 14:30****Tutor: Siggie Piper**

The main focus of this fun 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.

Max enrolment for this room is 10 students. THIS CLASS WILL RUN IN TERMS 1 and 4 ONLY in 2024.

24LAN08: **Italian Beginners**Dates: 02/02/2024 - 13/12/2024****Location: Karingal Place Room 1****Fee: \$0.00****Type: 4 Terms****Frequency: Weekly Course, Fri 9:30 - 11:00****Tutor: Kate Moore**

BEGINNERS: 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.

Max enrolment for this class is 10 students.

24LAN09: **Spanish for Beginners**Dates: 02/02/2024 - 13/12/2024****Location: Karingal Place Room 1****Fee: \$0.00****Type: 4 Terms****Frequency: Weekly Course, Fri 11:15 - 12:45****Tutor: Agustin Vega**

Do you want to start learning one of the most widely spoken languages in the world? This course will provide you with the foundations of Spanish, one of the most expressive and passionate languages. It offers highly interactive learning that guarantees you will quickly acquire the basics, whether you plan to travel or immerse yourself in Hispanic culture.

Minimum enrolment for this class is 3 students.

Music Appreciation, Instrumental and Choral Groups

24MUS01: Continuing Ukulele Class

Dates: 29/01/2024 - 09/12/2024

Location: Karingal Place Room 2

Fee: \$0.00

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

Type: 4 Terms
Frequency: Weekly Course, Mon 11:15 - 12:45

Tutor: Deb White

Tutor2: Di Major

24MUS02: Jazz Choral Group

Dates: 02/02/2024 - 13/12/2024

Location: Karingal Place Room 2

Fee: \$0.00

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

Type: 4 Terms
Frequency: Weekly Course, Fri 11:15 - 12:45

Tutor: Marian de Souza

24MUS03: Jazz Appreciation

Dates: 29/01/2024 - 09/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

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.

Minimum class size: 5

Type: 4 Terms
Frequency: Weekly Course, Mon 9:30 - 11:00

Tutor: Peter Wright

Tutor2: Tom Pennell

24MUS04: Ukulele Intermediate

Dates: 02/02/2024 - 09/12/2024

Location: Karingal Place Room 3

Fee: \$0.00

This course is for those who have previously had an introduction to playing the Ukulele. We will continue to learn basic chords & strums. You will also have to sing along with your strumming. As you progress, we will delve a little more into technique and music theory.

Students to bring their own Ukulele.

Type: 4 Terms
Frequency: Weekly Course, Fri 9:30 - 11:00

Tutor: Marian de Souza

24MUS05: Guitar: Intermediate

Dates: 31/01/2024 - 11/12/2024

Location: Karingal Place Room 1

Fee: \$0.00

(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 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.

Minimum class size is 4 students.

Type: 4 Terms
Frequency: Weekly Course, Wed 13:30 - 16:15

Tutor: Cath Shileika

Tutor2: Bill Diver

24MUS06: Choir Frankston Uniting Church**Type: 4 Terms****Dates: 01/02/2024 - 12/12/2024****Frequency: Weekly Course, Thu 9:15 - 12:15****Location: Frankston Uniting Church 18 High Street Frankston****Tutor: Jill Linley****Fee: \$0.00****Tutor2: Heather Wickes**

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. We present two concerts each year - in June and December.

Jill Linley Conductor Gerry Choir Coordinator Feb/24

24MUS07: Folk Guitar, Singalong & MORE: Beginners**Type: 4 Terms****Dates: 30/01/2024 - 10/12/2024****Frequency: Weekly Course, Tue 13:00 - 14:00****Location: Karingal Place Room 1****Tutor: Margaret Gleadall****Fee: \$0.00**

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.

24MUS08: Folk Guitar, Singalong & MORE: Intermediate**Type: 4 Terms****Dates: 30/01/2024 - 10/12/2024****Frequency: Weekly Course, Tue 14:05 - 15:10****Location: Karingal Place Room 1****Tutor: Margaret Gleadall****Fee: \$0.00**

This class is aimed at those who have completed the beginners course. The course will focus on 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.

24MUS09: Folk Guitar, Singalong, a little Classic**Type: 4 Terms****Dates: 30/01/2024 - 10/12/2024****Frequency: Weekly Course, Tue 15:15 - 16:15****Location: Karingal Place Room 1****Tutor: Margaret Gleadall****Fee: \$0.00**

This class is a continuation and further development of skills learned in the intermediate 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.

24MUS10: Annie's Singalong**Type: 4 Terms****Dates: 29/01/2024 - 09/12/2024****Frequency: Weekly Course, Mon 11:15 - 12:15****Location: Karingal Place Room 3****Tutor: Annie Nudel****Fee: \$0.00**

Come and have fun and sing with me, exercise your voices, and enjoy choosing your favourite songs complete with words. Look forward to meeting you. Annie

Minimum class size: 5

24MUS11: Ukulele- Beginners

Type: 4 Terms

Dates: 13/02/2024 - 10/12/2024

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

Location: Karingal Place Room 3

Tutor: Richard Hill

Fee: \$0.00

This course is to get you started on playing the Ukulele. We will learn basic chords & strums. You will also have to sing along with your strumming. As you progress, we will delve a little more into technique and music theory. Students to bring their own Ukulele.

Minimum class size is 6 students.

Social Activities

24SOC01: Social Group

Dates: 30/01/2024 - 10/12/2024

Location: Off Campus

Fee: \$0.00

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! You will find us behind the glass partition towards the back of Nancy's Cafe. We are usually at table 204,205,206 or 221 in the Alfresco area.

Type: 4 Terms

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

Tutor: Sue Ansell

24SOC02: Social Movie Nights

Dates: 06/02/2024 - 03/12/2024

Location: Off Campus

Fee: \$0.00

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.

Type: 4 Terms

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

Tutor: Leonie Price

Guest Speakers

24SGS01: Advanced Care Planning

Dates: 04/04/2024 - 04/04/2024

Location: Karingal Place Room 2

Fee: \$0.00

Type: Workshop

Frequency: 1 Day Course, Thu 11:15 - 13:15

Tutor: Ann Williams

The presenter, Laura Bell, will run a workshop which will give participants detailed assistance on their advanced care planning. More details to follow.

Notes We are very fortunate that the presenter, Laura Bell, is available. She is the clinician and team leader of the Advanced care planning team for Frankston Community Health

24SGS03: Fake Heroes

Dates: 18/04/2024 - 18/04/2024

Location: Karingal Place Room 2

Fee: \$0.00

Type: 1 Day

Frequency: None, Thu 11:15 - 12:45

Tutor: Andrea McCall

Tutor2: Ann Williams

Don't believe everything you learn from newspapers or at school. An exposé of some myths surrounding some famous and infamous people!

24SGS04: Living at Home Longer

Dates: 30/05/2024 - 30/05/2024

Location: Karingal Place Room 2

Fee: \$0.00

Type: 1 Day

Frequency: None, Thu 11:15 - 12:45

Tutor: Ann Williams

Our health needs change as we age, but one thing stays the same: our desire to remain living in our own home. This presentation provides advice, tips and insights on how to continue living in your own home well into your senior years. It is tailored for those aged over 65 years to access government-funded subsidies to help them live happily at home for longer. It includes advice on navigating the 'My Aged Care' system Topics Include • Eligibility criteria for getting help through My Aged Care • How to register with My Aged Care • What is the Commonwealth Home Support Program? • What is a Home Care Package and what to look for in a provider? • If you are not happy with your current services, what options are open to you • Other available government funded services for older Australians

The presenter is Portia Neydorff, Aged Care Promotions Officer with the Latrobe Community Health Service.

24SGS05: Best Value Mobile Phone Plans

Dates: 21/03/2024 - 21/03/2024

Location: Karingal Place Room 2

Fee: \$0.00

Type: 1 Day

Frequency: None, Thu 11:15 - 12:45

Tutor: Ann Williams

Presenter: TERRY DYSON (Terry is returning again to deliver his very popular presentation.) 1. The available mobile phone networks. 2. MVNOs, the discount way to use the networks. 3. Prepaid versus postpaid v, SIM only, no more bill shock. 4. Buying a mobile - buying outright versus bundled with a plan? 5. How much should I expect to pay for a phone and/or a plan? If you're paying more than \$10 to \$20 a month, it's too much. 6. What are your needs? a) Can I tether to my phone and use it for internet instead of buying NBN? b) Do I have friends/relatives overseas? Do I want to call them? c) Do I stream videos? Would I if I could? d) Do I need to keep a land line? 7. Can I keep my mobile number if I switch providers? 8. iPhone versus Android, which is best for me? 9. Connecting your phone to other people's WiFi when you're out. 10. Discussion, questions and answers.

Terry spent the early part of his working life in or with organisations in the telecomms and computer industries. Originally trained as an Analyst/Programmer, he has directly worked for ICL Computers, MAI Computers, Honeywell Bull, and GEC Plessey, mostly in management positions.

24SGS06: Stroke Safe**Type: 1 Day****Dates: 16/05/2024 - 16/05/2024****Frequency: None, Thu 11:15 - 12:45****Location: Karingal Place Room 2****Tutor: Ann Williams****Fee: \$0.00**

Presenter, Debbie Williams, a qualified volunteer (and a survivor of two strokes) from The Stroke Foundation will present a Stroke Safe talk. The presentation includes life-saving information about stroke, stroke prevention and recognition. Through education, the talk aims to reduce the number of Australians impacted by strokes.

24SGS07: Conspiracies**Type: 1 Day****Dates: 18/07/2024 - 18/07/2024****Frequency: 1 Day Course, Thu 11:15 - 12:45****Location: Karingal Place Room 2****Tutor: Andrea McCall****Fee: \$0.00****Tutor2: Ann Williams**

Why do we all love a conspiracy? Don't we believe what we are told? Fake News, media manipulation or need to know? We'll look at some well-known conspiracies from over the centuries and see if we can break through the rhetoric.

24SGS08: Leadership**Type: 1 Day****Dates: 21/11/2024 - 21/11/2024****Frequency: 1 Day Course, Thu 11:15 - 12:45****Location: Karingal Place Room 2****Tutor: Andrea McCall****Fee: \$0.00****Tutor2: Ann Williams**

With an American Election soon, some in Australia and other countries such as Russia, let us explore the issues of modern leadership versus those leaders in history. In a democratic nation what do we look for? And how do they compare with other less democratic countries. What makes a leader? Can we create one or are they born that way?

24SGS09: Advanced Care Planning**Type: Workshop****Dates: 04/07/2024 - 04/07/2024****Frequency: 1 Day Course, Thu 11:15 - 13:15****Location: Karingal Place Room 2****Tutor: Ann Williams****Fee: \$0.00**

The presenter, Laura Bell, will run a workshop which will give participants detailed assistance on their advanced care planning. More details to follow.

Notes We are very fortunate that the presenter, Laura Bell, is available. She is the clinician and team leader of the Advanced care planning team for Frankston Community health

24SGS19: The Joys of Bee Keeping**Type: 1 Day****Dates: 23/04/2024 - 23/04/2024****Frequency: 1 Day Course, Tue 11:15 - 12:45****Location: Karingal Place Room 2****Tutor: Ann Williams****Fee: \$0.00**

Looking for a new hobby? Becoming a bee keeper! This talk will give you the benefits of keeping bees, to you, your garden and the ecosystem. What do you need to start your new hobby? Products of the hive: honey, beeswax, royal jelly, propolis, bee venom, pollen etc. Where to get your first colony: swami, breeder or friend. Q and A

The presenter, Moe Jarrad, is an ex teacher and currently running Beeman honey in Carrum Downs.

WWW.beemanhoney.com.au facebook.com/Beemanhoneyandbeekeepingsupplies

Computers, Smartphones and Tablets

24TEC01: Be Connected Computers for Beginners

Type: Short Course

Dates: 29/01/2024 - 09/12/2024

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

Location: Karingal Place Room 1

Tutor: Barbara von Blomberg

Fee: \$0.00

Tutor2: Yvonne Davis

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.

24TEC02: Be Connected Computers for Beginners

Type: Short Course

Dates: 01/02/2024 - 12/12/2024

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

Location: Karingal Place Room 1

Tutor: Pam Mitchard

Fee: \$0.00

Tutor2: Yvonne Davis

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.

24TEC03: Computers & Technology

Type: 4 Terms

Dates: 01/02/2024 - 12/12/2024

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

Location: Karingal Place Room 1

Tutor: Michelle Golding

Fee: \$0.00

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: * Online safety: How to avoid scams * Finding information * Social networking: Facebook, Instagram, Twitter(X) * Online shopping, 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.