



THE UNIVERSITY OF THE THIRD AGE

U3A Yarra Ranges Inc.

2019 Courses

Term 2

23 April to 28 June 2019

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ART

191MON05: Photography **Type: Long**

Dates: 04/02/2019 - 09/12/2019 **Frequency: Weekly, Mon 11:30 - 13:00**

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth **Tutor: Ray Fleming**

Learn more about your camera and how to get the most out of it when taking those pictures that are important to you.

193WED02: Art - Appreciation **Type: Long**

Dates: 06/02/2019 - 04/12/2019 **Frequency: Weekly, Wed 13:30 - 15:00**

Location: Bridge House 49 Durham Rd, Kilsyth **Tutor: Teresa Howie**

Art Appreciation - This class occurs on 1st Wednesday of each month. We watch and discuss art videos and power point presentations and also talk about the exhibitions we have seen together or individually.

193WED23: Folk Art **Type: Long**

Dates: 30/01/2019 - 11/12/2019 **Frequency: Weekly, Wed 10:00 - 13:00**

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth **Tutor: Gloria Riddell**

Folk Art involves decorating everyday items for pleasure and to enhance the area they reside in. Different mediums and items are used, it is up to the individual to decide on what interests them. Everyone is here to help with ideas and problems.

193WED25: Art - Drawing/Painting **Type: Long**

Dates: 30/01/2019 - 11/12/2019 **Frequency: Weekly, Wed 13:30 - 15:00**

Location: Bridge House 49 Durham Rd, Kilsyth **Tutor: Teresa Howie**

Art/Drawing - This class embraces beginners and more experienced artists. We explore the use of various mediums and approaches to drawing and painting from traditional methods to contemporary one. We visit at least one gallery per term in conjunction with Art Appreciation. Art Appreciation - This class occurs on 1st Wednesday of each month. We watch and discuss art videos and power point presentations and also talk about the exhibitions we have seen together or individually.

COMPUTER

192TUE14: Advanced I Pad Class

Type: Long

Dates: 29/01/2019 - 10/12/2019

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

Location: Courthouse 61 Castella St, Lilydale

Tutor: Janet Regan

IPad class for the experienced user. Advance your knowledge and get more out of your IPad.

192TUE19: IPAD for Beginners Class

Type: Long

Dates: 29/01/2019 - 10/12/2019

Frequency: Weekly, Tue 13:30 - 15:00

Location: Courthouse 61 Castella St, Lilydale

Tutor: Janet Regan

This course gives instructions on how to use the IPad and gives you ideas on how to get the most from your IPad for Beginners.

195FRI36: Computer Operators Group

Type: Long

Dates: 01/02/2019 - 13/12/2019

Frequency: Weekly, Fri 11:00 - 12:30

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth

Tutor: Ann Brickell

A chance to take your laptop to class and ask those questions that sometimes are hard to put into words. Someone in the Computer Operators Group will possibly be able to help.

CRAFT

191MON39: Patchwork by Hand

Type: Long

Dates: 28/01/2019 - 09/12/2019

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

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth

Tutor: Sharon Bartley

Patchwork done by hand with expert help from Sharon, learn new methods and stitches.

194THU26: Craft

Type: Long

Dates: 31/01/2019 - 12/12/2019

Frequency: Weekly, Thu 14:00 - 16:00

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth

Tutor: Gloria Riddell

The craft afternoon is a great place to bring what you are working on eg: knitting, patchwork, embroidery, crossstitch, etc. Sit, have a natter, afternoon tea and information for any problems you may have with your project.

196SAT40: Patchwork - Week 1

Type: Long

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

Frequency: Monthly, Sat 10:00 - 16:00

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth

Tutor: Bev Busiko

1st Saturday of the month. Bring your machine and what you are working on or bring along a project to share with the group. If you need help with a problem there is plenty of advice to be had from the class leaders or the group in general. Contact Bev on 9727 5998 Bernadette 9728 3081

196SAT41: Patchwork - Week 3

Type: Long

Dates: 16/02/2019 - 16/11/2019

Frequency: Monthly, Sat 10:00 - 16:00

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth

Tutor: Bev Busiko

3rd Saturday of the Month, Quilting and patchwork with lots of assistance if you have a problem with a project. Bring your sewing machine and your project. Contacts - Bernadette 9728 3081 Bev 9727 5998

EXERCISE MOVEMENT/MEDITATION

191MON03: Feldenkrais **Type: Long**
Dates: 04/02/2019 - 09/12/2019 **Frequency: Weekly, Mon 10:45 - 11:45**
Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth **Tutor: Jenni Evans**
A gentle form of exercise which loosens up the joints and help with mobility.

191MON04: TaiChi for Health - Beginners **Type: Long**
Dates: 04/02/2019 - 09/12/2019 **Frequency: Weekly, Mon 14:15 - 15:15**
Location: Courthouse 61 Castella St, Lilydale **Tutor: Louise Fitinghoff**
An exercise class done at a slow pace to stretch and engage muscles, relaxing and enjoyable.

191MON07: Tai Chi for Health - Advanced **Type: Long**
Dates: 04/02/2019 - 09/12/2019 **Frequency: Weekly, Mon 15:20 - 16:30**
Location: Courthouse 61 Castella St, Lilydale **Tutor: Louise Fitinghoff**
Tai Chi for Health helps with mobility and balance as well as being very relaxing to the mind. To attend this class you should have been to the beginners first

191MON10: Yoga **Type: Long**
Dates: 04/02/2019 - 09/12/2019 **Frequency: Weekly, Mon 13:30 - 15:00**
Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth **Tutor: Simone Awty**
Yoga is a great way to stretch the body and do mediation. Most exercise are done on the floor on a yoga mat.
Yoga mat, blanket and pillow.

192TUE15: Steady as you go - No falls exercise **Type: Long**
Dates: 29/01/2019 - 10/12/2019 **Frequency: Weekly, Tue 9:30 - 11:00**
Location: Courthouse 61 Castella St, Lilydale **Tutor: Moira Hughes**
An exercise program to assist with balance and fall prevention.

195FRI34: Staying Steady **Type: Long**
Dates: 01/02/2019 - 13/12/2019 **Frequency: Weekly, Fri 10:00 - 11:30**
Location: Courthouse 61 Castella St, Lilydale **Tutor: Val Zaske**
A programme to assist with balance and fall prevention.

EXERCISE

191MON09: Bike Riding

Type: Long

Dates: 04/02/2019 - 09/12/2019

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

Location: Various Locations

Tutor: Paul Jackman

The Bike Group only ride on trails (NO ROADS and not too hilly) in the outer Eastern Suburbs. All are welcome to join us as you ride at your own pace.

192TUE12: Tuesday Walking Group

Type: Long

Dates: 29/01/2019 - 10/12/2019

Frequency: Weekly, Tue 9:00 - 15:00

Location: Various Locations

Tutor: John Sebire

This walking group have trips around Melbourne and Rural areas and can walk up to 8 ks on a good day. Packed lunch is usually the go but when we go to rural areas we may indulge in a lunch at a bakery eg: Beechworths. There are a lot of walks around Melbourne and outer areas.

To attend this class one must be able bodied (due to stair,etc) and responsible for yourself.

193WED21: Walking Group - Wednesday

Type: Long

Dates: 30/01/2019 - 11/12/2019

Frequency: Weekly, Wed 9:00 - 15:00

Location: Various Locations

Tutor: Paul Jackman

The Wednesday walking group is in reality a coffee/chat group with a flat walk thrown in. We walk many interesting locations all over the metropolitan area.

To attend this class one must be able bodied (due to stair,etc) and responsible for yourself.

193WED24: Table Tennis

Type: Long

Dates: 30/01/2019 - 11/12/2019

Frequency: Weekly, Wed 9:30 - 11:30

Location: Coldstream Community Centre Kelso St, Coldstream

Tutor: Thel Webster

Table Tennis is a great way to exercise and have fun at the same time. Apart from the exercise it is also a social gathering to meet new people and have fun.

194THU28: Thursday Walking Group

Type: Long

Dates: 31/01/2019 - 12/12/2019

Frequency: Weekly, Thu 9:15 - 12:00

Location: Various Locations

Tutor: Sue Blank

This walking group do short local walks.

To attend this class one must be able bodied (due to stair,etc) and responsible for yourself.

HISTORY

191MON11: Genealogy for Beginners

Type: Short Course

Dates: 29/04/2019 - 24/06/2019

Frequency: Weekly, Mon 12:00 - 14:00

Location: Courthouse 61 Castella St, Lilydale

Tutor: Kaye Crettenden

If you are interested in finding out about your ancestors and don't know how or where to start, this is the class for you. This is a short term class and only runs for one term.

194THU29: Thursday Genealogy

Type: Long

Dates: 31/01/2019 - 12/12/2019

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

Location: Tapscott Milbourne Centre Cambridge Rd, Montrose

Tutor: Kaye Crettenden

Join the course to explore your family history and meet a lot of people who can help you with your search. Members love to offer suggestions and leads on where to look for that elusive member of your family.

195FRI35: Genealogy - Friday

Type: Long

Dates: 01/02/2019 - 13/12/2019

Frequency: Weekly, Fri 9:00 - 10:30

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth

Tutor: John Sebire

Interested in finding out more of your family history. This is the class to start you off. With lots of support and suggestions and experience.

HUMANITIES

192TUE13: Creative Writing - Ways With Words

Type: Long

Dates: 29/01/2019 - 10/12/2019

Frequency: Weekly, Tue 10:00 - 12:00

Location: Montrose Town Centre Mt. Dandenong Rd. Montrose

Tutor: Sue Goss

This course continues on from the creative writing course and advances your exploration in 'Ways with Words'. U3A Yarra Ranges produce 'Autumn Leaves'. an anthology of writings, drawings. Class Leader for both groups is Sue Goss. Sue was a careers and education journalist with The AGE for 22 years. A published author and biographer. Sue has also taught creative writing at Box Hill TAFE and Wyreena.

194THU27: First Thursday Book Club

Type: Long

Dates: 31/01/2019 - 12/12/2019

Frequency: Monthly, Thu 10:00 - 12:00

Location: Lilydale Library Jarlo Drive, Lilydale

Tutor: Sue Goss

Book Club is held in the Lilydale Library. A book is chosen to read and then discussed at the next meeting. Lively discussion on the different views is a lot of fun and a great social get together for everyone. Meets 1st week of the month

195FRI38: Philosophy = An examined life.

Type: Long

Dates: 01/02/2019 - 13/12/2019

Frequency: Weekly, Fri 10:00 - 12:00

Location: Lilydale Lake Community Room 435 Swansea Rd, Lilydale

Tutor: Adriana Kruijer

For a different look at life with other people to discuss the various subjects.

LANGUAGES

191MON01: Beginner French **Type: Long**

Dates: 04/02/2019 - 09/12/2019 **Frequency: Weekly, Mon 10:00 - 11:30**

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth **Tutor: Frances Hastie**

This course is designed for people who have never learned French before and those who have some knowledge and want to build on what they already know. In a relaxed atmosphere, participants will learn how to construct, write and speak basic sentences and engage in simple conversations, through the use of grammar exercises, language games, poems and songs.

Prerequisite for this is a copy of 'French Grammar 11 -14' by Rosi McNab published by Heinemann ISBN 0435 37298X (approx. \$25.00) and a French English/English French Dictionary.

192TUE16: French Continuing **Type: Long**

Dates: 29/01/2019 - 10/12/2019 **Frequency: Weekly, Tue 14:45 - 16:15**

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth **Tutor: Frances Hastie**

This French Course fills the gap between beginners and advanced and it is possible for you to attend beginners and very quickly advance to the 'French Continuing' if you feeling confident and do both classes.

194THU30: Intermediate Italian **Type: Long**

Dates: 31/01/2019 - 12/12/2019 **Frequency: Weekly, Thu 10:00 - 11:45**

Location: Courthouse 61 Castella St, Lilydale **Tutor: Tonina Lombardi**

This Italian class is for those who are reasonably confident in talking, reading and writing the language. It is a great class to help you expand your knowledge.

194THU31: Advanced Italian **Type: Long**

Dates: 31/01/2019 - 12/12/2019 **Frequency: Weekly, Thu 12:00 - 13:45**

Location: Courthouse 61 Castella St, Lilydale **Tutor: Tonina Lombardi**

Advanced Italian is for those people who have a good knowledge of the language and are comfortable with speaking, writing and reading Italian.

194THU32: Beginners Italian **Type: Long**

Dates: 31/01/2019 - 12/12/2019 **Frequency: Weekly, Thu 14:00 - 15:45**

Location: Courthouse 61 Castella St, Lilydale **Tutor: Ingun Tonon**

Like to add another language to your knowledge bank. This class is a great starting point for Italian.

195FRI42: Italian Conversation **Type: Long**

Dates: 01/02/2019 - 13/12/2019 **Frequency: Weekly, Fri 14:00 - 16:00**

Location: Bridge House 49 Durham Rd, Kilsyth **Tutor: Anna Hallett**

Practice your Italian through conversation and social interaction.

MUSIC/DANCE

191MON06: Music Appreciation

Type: Long

Dates: 04/02/2019 - 09/12/2019

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

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth

Tutor: Gerald Brinson

Each week a different member of the Music Appreciation Group presents a program of their music from CD or DVD. This usually leads to some lively discussions. The programs are mostly classical, often wildly varied, always enjoyable and occasionally somewhat educational.

192TUE17: Karaoke

Type: Long

Dates: 29/01/2019 - 10/12/2019

Frequency: Weekly, Tue 11:15 - 1:45

Location: Tapscott Milbourne Centre Cambridge Rd, Montrose

Tutor: Keith Ferguson

A singing group who enjoy trying out new songs and methods.

192TUE20: Ballet Class for Adults (Class 1)

Type: Long

Dates: 29/01/2019 - 10/12/2019

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

Location: Montrose Public Hall 1B Leith Rd, Montrose

Tutor: Annette Stuart

Ballet to lovely music, good for exercise, alignment of body, great for the brain for memory exercise No Splits, Tutus, Performances, Leotards.

192TUE44: Ballet Class for Adults (Class 2)

Type: Long

Dates: 05/02/2019 - 10/12/2019

Frequency: Weekly, Tue 10:30 - 11:30

Location: Montrose Public Hall 1B Leith Rd, Montrose

Tutor: Annette Stuart

Ballet to lovely music, good for exercise, alignment of body, great for the brain for memory exercise No Splits, Tutus, Performances, Leotards.

193WED22: Circle Dancing

Type: Long

Dates: 30/01/2019 - 11/12/2019

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

Location: Japara Living & Learning C 54-58 Durham Rd, Kilsyth

Tutor: Robyn Sussems

Soul dancing is also known as CIRCLE DANCING. It seems to offer something quite unique and can engage you on so many levels. Because it is performed in a circle there is a conscious focus on group awareness which creates a wonderful sense of communication and community. A sense of respect and care is cultivated which is very supportive. Circle Dancing draws on the rich and diverse traditional dances of many countries from all round the world.

SOCIAL ACTIVITIES

191MON08: Places of Interest & Lunch

Type: Long

Dates: 04/02/2019 - 09/12/2019

Frequency: Monthly, Mon 9:00 - 14:00

Location: Various Locations

Tutor: Aileen Rocca

Visit places around Melbourne and Rural areas. Lunch is also a part of the outing with you or lunch at a caf  /restaurant. Example A visit to Ripponlea or Bendigo Gallery. You choose which ones you would like to attend. 3rd Monday of the month.

To attend this class one must be able bodied (due to stair,etc) and responsible for yourself.

191MON43: Monday Social/Luncheon Group

Type: Long

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

Frequency: Monthly, Mon 12:00 - 14:00

Location: Various Locations

Tutor: Joe Tuppenney

This group explores luncheon options in the local pub/club scene around our local area. Usually each option offers a "Seniors Menu" (you may need to produce your seniors card before ordering a meal). Meals usually cost from \$12.00 to \$25.00, depending on the number of courses selected. Everyone pays for their own meals and drinks. However, this is a great way to meet new people and find out more about courses on offer at U3A.

194THU45: Film Group A

Type: Long

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

Frequency: Monthly, Thu 10:00 - 15:00

Location: Various Locations

Tutor: Andy Goss

Films to be selected by the Group from a list and then background info will be supplied by the leader to add to the overall experience. After viewing the film a discussion will be held over coffee. Film Group A will meet on 2nd Thursday each month.

194THU46: Film Group B

Type: Long

Dates: 23/05/2019 - 28/11/2019

Frequency: Monthly, Thu 10:00 - 15:00

Location: Various Locations

Tutor: Andy Goss

Films to be selected by the Group from a list and then background info will be supplied by the leader to add to the overall experience. After viewing the film a discussion will be held over coffee. Film Group B will meet on 4th Thursday of Month.

195FRI37: Dine-out Luncheons

Type: Long

Dates: 01/02/2019 - 13/12/2019

Frequency: Monthly, Fri 12:30 - 2:00

Location: Various Locations

Tutor: Cheryl Bredle

End of the week is a great time to have lunch out with friends and visit different venues. 2nd Friday of the month.
