

**U3A Prom Coast
Term 1, 2019 Course List
29th January to 5th April 2019**

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<p><u>BASKET WEAVING using re-cycled paper</u> - with Di Abrahams</p> <p><u>Description:</u> For this class you will be making a re-usable gift box out of cardboard.</p> <p><u>Requirements:</u> Bring along a couple of old magazines - must be intact with staples.</p>	<p>Di's home at Waratah North</p> <p>Car pooling available</p>	<p>Thursday 1:30 p.m. to 3:00 p.m. 14th February</p>
	<p><u>CALLIGRAPHY</u> - with Jenefer Chitty</p> <p><u>Description:</u> Open to all - beginners & those with experience.</p> <p>There is a cost to members joining this activity for the first time This class will be run once per term</p>	<p>Anglican Church Hall Foster</p>	<p>Thursday 11:00 a.m. to 2:00 p.m. 28th February</p>

	<p><u>CRAFT GROUP</u> - with Jan Cripps</p> <p><u>Description:</u> A social morning with your choice of craft. There is room on the tables if you wish to bring a sewing machine.</p> <p style="text-align: center;">All welcome</p>	<p>Vi Plus Milk Factory Community Room Toora</p>	<p style="text-align: center;">Mondays Fortnightly 10:00 am - 12:00 noon</p> <p style="text-align: center;">4th; 18th February 4th; 18th March 1st April</p>
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ART & CRAFT	<p><u>EN PLEIN AIR & MORE</u> - with Fleur Wheeler</p> <p><u>Description:</u> Weather permitting we'll paint on location. Otherwise I set up a still life or talk about colour, contrast, composition etc. Students work in own preferred media.</p>	<p style="text-align: center;">Fleur's Studio 9 Apex Court, Foster or at a chosen site to paint</p>	<p style="text-align: center;">Thursdays 10:00 a.m. to 12:00 noon</p> <p style="text-align: center;">31st January 7th; 14th and 21st February</p>
	<p><u>MEET THE ARTIST</u> - with Fleur Wheeler & Joan Thomas</p> <p><u>Description:</u> We will visit the studios of local artists, view their works, and learn about their techniques. Artists working in a range of mediums such as paint, ink, clay, metal and textiles and more, will be included.</p> <p style="text-align: center;">-----</p> <p><i>Visit the studio and stay for morning tea</i></p>	<p style="text-align: center;">Artists Studio's</p> <p>venue's to be confirmed</p>	<p style="text-align: center;">Thursday</p> <p style="text-align: center;">28th February 28th March</p>

BOARD GAMES	<p><u>MAH-JONG</u> - with Beth Allen</p> <p><u>Description:</u> This ancient game is fascinating and fun to play.</p> <p>New members welcome</p>	Foster RSL Club Rooms	Tuesdays 4:00 pm to 6:00 pm
	<p><u>SCRABBLE</u> - with Marion Haupt</p> <p><u>Description:</u> Enjoy a social game of scrabble.</p>	Café Max Prom Country Lodge Motel	Wednesdays 3.30 pm - 5:00 pm
Page 3	Subject	Venue	Dates and Times
BRAIN TEASERS	<p><u>PUZZLES - Exercising your Grey Cells</u> - with Denise Oldroyd</p> <p><u>Description:</u> The puzzles will include: Word puzzles such as Target; Fill-ins, Acrostics, and Number puzzles such as Cross Sums (Kakura) Binary, Noughts & Crosses. Some are a combination such as Code Crackers.</p> <p>We will be starting gently with simpler ones for beginners, but there will be some more challenging for those with experience. All welcome.</p>	U3A Prom Coast HQ Foster	Fridays 1:30 pm to 3:00 pm 15th February 1st March 15th March 29th March
	<p><u>SOLVING CRYPTIC CROSSWORDS</u> - with Diana Zlatic</p> <p><u>Description:</u> Learning to think the way that Cryptic people think is the challenge.</p>	Joan Webley's	Wednesdays 1:00 pm to 2:30 pm

COOKING	<p><u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore</p> <p><u>Description:</u> Be welcomed into the homes of members and learn about the culture that lies behind the cuisine. Sit down with your host/s and enjoy the food. If attending, there will be a small cost of \$5.00 to cover ingredients.</p>	Venue's to be confirmed	Approximately 12:00 noon to 2:00 pm
GARDENING	<p><u>UP THE GARDEN PATH</u> - with Jeannie Hicks and Helen Harris</p> <p><u>Description:</u> Visit a garden for a walk and a chat - stay on for morning tea.</p>	Various Gardens	1st Garden to visit for Term 1 to be confirmed.
GROUP CHAT	<p><u>CURRENT AFFAIRS</u> - facilitator is Simon Shee</p> <p><u>Description:</u> Interactive group discussion on current topics in the media. Listening to the views of others and contributing your own opinions.</p>	Foster Hotel	Every Friday 2:00 pm to 4:00 pm
Page 4	Subject	Venue	Dates and Times
GUEST SPEAKER	<p><u>GUEST SPEAKER</u></p> <p>Members will be advised when sessions are organised. <i>No need to enrol in this event.</i> Open to all members of the community.</p>	Uniting Church Hall Foster 1:30 pm Afternoon tea provided	To Be Advised

<p style="text-align: center;">HISTORY</p>	<p><u>BIG HISTORY (a Great Courses DVD)</u> - with Jeff Montague</p> <p><u>Description:</u> Big History - Watch the 30 minute DVD then discuss.</p> <p>About 100,000 to 60,000 years ago, a species of hominines—bipedal ape-like creatures—began to move out of its home territory in Africa and into the Asian continent. Today, homo sapiens, the descendants of those first hominines—live in nearly every ecological niche. We fly through the air in planes, communicate instantaneously over immense distances, and develop theories about the creation of the Universe. <u>In Big History: The Big Bang, Life on Earth, and the Rise of Humanity</u>, you'll hear this ever-evolving story—the history of everything—in its monumental entirety from the moment the Universe grew from the size of an atom to the size of a galaxy in a fraction of a second.</p>	<p style="text-align: center;">U3A Prom Coast HQ Foster</p>	<p style="text-align: center;">Weekly Thursdays 10:00 am to 11:30 am</p>
<p style="text-align: center;">LANGUAGE</p>	<p><u>ON-GOING FRENCH 1</u> - with Daniele Chamley</p> <p><u>Description:</u> This class will aim to reach the same level/criteria as On-Going French II.</p> <p>All basic French including greetings, shopping, and special vocabulary for particular situations, will be covered in Term One only. New participants will therefore be able to join the class but only in Term I.</p>	<p style="text-align: center;">Uniting Church Hall Foster</p>	<p style="text-align: center;">Wednesdays 10:00 to 11:30 am</p>
<p>Page 5</p>	<p style="text-align: center;">Subject</p>	<p style="text-align: center;">Venue</p>	<p style="text-align: center;">Dates and Times</p>

LANGUAGE	<p><u>ON-GOING FRENCH 2</u> - with Daniele Chamley</p> <p><u>Description:</u> This Term more emphasis will be given to:</p> <ul style="list-style-type: none"> . Listening and responding more effectively in French. . Watching and discussing French films. . Reading short stories. . Writing essays. <p>Everyone will also be expected to contribute by delivering a short talk (in English and/or French) on some individual topic.</p> <p>NB: <i>No new members</i> will be accepted in the class unless approved by the tutor.</p>	Uniting Church Hall Foster	Tuesdays 2:00 to 4:00 pm
LITERATURE	<p><u>BOOK CLUB</u> - with Denise Oldroyd</p> <p><u>Description:</u> A mixture of fiction and non-fiction with a preference for Australian authors. Using West Gippsland Regional Library book club service. Participants must be a member of West Gippsland Regional Library</p>	Café Max Prom Country Lodge Motel	Thursdays 2:30 pm to 3:30 pm 7th February 7th March 4th April
	<p><u>HUMOROUS LITERATURE</u> - with Margaret and Jill</p> <p><u>Description:</u> A selection of popular humorous literature, in both poetic and prose genres, including writers such as Hilaire Belloc, T.S. Eliot, Steele Rudd, Banjo Paterson, Henry Lawson.</p>	U3A Prom Coast HQ Foster	Mondays Fortnightly 10:00 am to 11:00 am 4th; 18th February 4th; 18th March 1st April

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LITERATURE	<p><u>WRITING MEMOIR</u> - with Alison Shields</p> <p><u>Description:</u> This class will take in as many aspects as possible to do with "writing a life". We will look at memory, sources and structure, followed by the mechanics of bringing the material to life and thus creating a readable, enjoyable narrative.</p> <p>Participants will be expected to do homework and to share their written work with the class!</p> <p>NB: There is a minimum of 5 participants for the vlass to go ahead.</p>	<p>U3A Prom Coast HQ Foster</p>	<p>Thursdays 2:00 pm to 4:00 pm tbc</p>
	<p><u>WRITERS WORKSHOP</u> - with Una Hurding</p> <p><u>Description:</u> For writers who have an on-going project who would like to discuss their work and support and assist others in the group.</p>	<p>Café Max Prom Country Lodge Motel</p>	<p>Fridays Fortnightly 11:00 am to 1:00 pm Commencing Friday 8th February</p>

MOVIES	<p><u>MONDAY MOVIES</u> - with Helen Harris</p> <p><u>Description:</u> Watch the movie, then join together for a discussion after the movie over lunch, at an agreed venue.</p> <p>Movie & Meal are at your own expense</p>	<p>Stadium 4 Cinema Leongatha</p> <p>Refreshments and discussion</p>	<p><u>MONDAYS</u> Car pooling from Pulham's carpark</p> <p>1st Movie for 2019 is Monday 18th February</p>
Page 7	Subject	Venue	Dates and Times
RT & EXERCISE	<p><u>CIRCLE DANCING</u> - with Lois Frankland</p> <p><u>Description:</u> Gentle, rhythmic, choreographed dance steps using traditional and classical music. No partner required.</p> <p>The dances are graded from "easy" dances which are suitable for beginners in the first half hour session, to increasingly "more complex" dances during the following one hour session.</p> <p>Dancers can choose which sessions they attend according to their needs and abilities at the time.</p>	<p>FWMAC Hall Foster</p>	<p>Wednesdays</p> <p>10:00 am - 10:30 - Easy Dances ... 10:30 to 11:30 am - General Dances</p>
	<p><u>GOLF</u> - with Meryl Agars</p> <p><u>Description:</u> Play with friends and enjoy 9 holes. This is a very popular activity, new members welcome</p> <p>There is a cost for this activity</p>	<p>Welshpool Golf Course</p>	<p>Tuesdays 10:00 am hit off BYO LUNCH</p>

SPO

<p><u>TABLE TENNIS</u> - with Lyn Fillmore</p> <p><u>Description:</u> Play the game! Enjoy some competition and learn some techniques from friends. New players welcome.</p>	<p>Masonic Hall In the Green Room Foster</p>	<p>Wednesdays 1:00 pm to 2:30 pm</p>	
<p><u>TAI CHI</u> - with Pauline Cliff</p> <p><u>Description:</u> A fun, relaxing session for those who have a knowledge of tai chi moves.</p> <p>This is not a teaching class</p>	<p>Community Health Centre Foster</p>	<p>Tuesdays 10:30 am to 11:30 am</p>	
<p>Page 8</p>	<p>Subject</p>	<p>Venue</p>	<p>Dates and Times</p>

<p style="text-align: center;">SPORT & EXERCISE</p>	<p><u>TAI CHI</u> - with Jan Power and Joan Thomas</p> <p><u>Description:</u> Join Jan and Jo for a beginners class of "Beijing 24" and "The Lotus".</p> <p>Tai Chi is an experience - a way of life - Exercising the Mind - Soul, Breath and Balance - a state of oneness.</p> <p>The Chinese developed a group of exercises physical and spiritual - these physical exercises are called Tai Chi.</p> <p>The exercises do help with your breathing and balance.</p> <p>With Tai Chi you become one with the movements.</p> <p><i>This class has limited numbers and is open to members who are new to Tai Chi.</i></p>	<p style="text-align: center;">Uniting Church Hall Foster</p>	<p style="text-align: center;">Mondays 10:30 am to 11:30 am</p>
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	<p><u>U3A PROM COAST ENROLMENT DAY</u> incorporating our AGM.</p> <ul style="list-style-type: none">- Please come along with your enrolment forms.- Your annual subscription of \$45.00 is now due - pay at enrolment day.- Positions will be available on the various Committees, bring along your signed nomination forms, or have them filled on the day. <p><i>Refreshments available throughout the morning</i> , commencing from 10:00 a.m.</p> <p>If you are able to supply sandwiches/slices/scones or work in the kitchen please contact Lyn on 0421 645 375. Thanks in advance.</p>	<p>COMMUNITY HEALTH CENTRE</p> <p>FOSTER</p>	<p>TUESDAY 22ND JANUARY 2019</p> <p>From 10:00 am to 12:30 pm</p>
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