

**U3A Prom Coast
Term 3, 2018 Course List
16th July to 21st September 2018**

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<p><u>CALLIGRAPHY</u> - with Jenefer Chitty</p> <p><u>Description:</u> Open to all - beginners & those with experience.</p> <p style="text-align: center;">There is a cost for this activity</p>	<p>Anglican Church Hall Foster</p>	<p>1st Thursday in the month 1:00 p.m. to 4:00 p.m. 5th July 2nd August 6th September</p>
	<p><u>CRAFT GROUP</u> - with Jan Cripps</p> <p><u>Description:</u> A social morning with your choice of craft.</p> <p>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>Mondays Fortnightly 10:00 am - 12:00 noon</p> <p>16th; 30th July 13th; 27th August 10th; 24th September</p>
	<p><u>MAKING HANDMADE RECYCLED PAPER</u> - with Denise Oldroyd</p> <p><u>Description:</u> This will be a practical, hands on workshop where you learn all the processes involved in making your own paper from scrap waste papers.</p> <p>Participants - recommended to wear old clothes and bring a pair of Latex Rubber Gloves.</p> <p style="text-align: center;">Limit of 3 people per class</p>	<p>Tutors Home 7 Victory Avenue, Foster</p>	<p>2 Wednesdays 12:30 pm to 2:30 pm</p> <p>25th July and 1st August</p>

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ART & CRAFT	<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>-----</p> <p><i>Our first visit will be to the studio of Lynne Muir - not to be missed!</i></p> <p>Welcome to Lynne Muir's studio displaying original artwork from published works and illustrated pieces featuring poetry from eastern and western cultures. Australian wildlife, celtic mythology and wild landscapes have inspired Lynne's artistic journey and 40 year career in publishing. Many of her childrens' wildlife books and her modern calligraphic pieces have received awards around the country, many of which are in private collections around the world. Over the years Lynne has received corporate commissions ranging from official birth certificates to government citations.</p> <p>Lyn will have some original art, prints, books and cards on sale, maybe get in early with your Christmas Shopping.</p>	<p>Our first visit will be to the Studio of Lynne Muir Waratah North</p>	<p>Thursday 9th August 10:00 am</p> <p>Visit the studio and stay for morning tea</p> <p>Lyn will have books, cards, prints and some original art work for sale on the day</p>
BOARD GAMES	<p><u>CHESS CLUB</u> - with Gunnar Froiland</p> <p style="text-align: center;"><i>This class has been withdrawn for Term 3</i></p> <p><u>MAH-JONG</u> - with Annette Coy</p> <p><u>Description:</u> This ancient game is fascinating and fun to play. New members welcome.</p>	<p>Community Health Centre Board Room Foster</p> <p>Foster RSL Club Rooms</p>	<p>Fridays 4:00 pm to 6:00 pm</p> <p>Tuesdays 4:00 pm to 6:00 pm</p>

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MORE BOARD GAMES	<p><u>SCRABBLE</u> - with Marion Haupt</p> <p><u>Description:</u> Enjoy a social game of scrabble.</p>	Prom Country Lodge Motel	Wednesdays 3.30 pm - 5:00 pm
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 and 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.</p>	U3A Prom Coast HQ Foster	Fridays 1:00 pm to 2:30 pm 20th July 10th August 31st August 21st September
	<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></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.</p> <p style="text-align: center;">-----</p> <p><u>Our first visit will a Middle Eastern Cuisine:</u> The Mediterranean Diet has long been recognised as a model for healthy eating habits eg. legumes, olive oil and moderate intake of protein. Similarly, Middle Eastern cuisine is on a par with its Mediterranean cousin in terms of healthy eating and long life expectancy, so come with us on a culinary journey as we partake of dishes from Greece, Morocco and Egypt.</p>	<p>Our first session will be at the home of Chris Pappas and Lyn Fillmore</p> <p><i>Numbers are limited to 6 for this session</i></p> <p>There will be a small cost to cover ingredients</p>	<p>Chris & Lyn will be serving a lunch of Middle Eastern Cuisine</p> <p>Thursday 19th July</p> <p>12:00 noon to 2:00 pm</p>

COURSES ONLINE for Term-3

Description: Here are the online courses being offered in Term-3 this year. The Courses are on line and self paced. We will give you all the details to get started.

The Battle for Australia 1942-43

This 8-unit course is intended as an overall evaluation of the causes, course and consequences of the Battle for Australia. It reaches conclusions – perhaps contentious – about what had been at stake, the overall direction of the campaign and the significance of the outcomes. The events that the course will cover, and why these events have not occupied a prominent place in our popular consciousness, is discussed.

Botany: The Study of Plants for Enjoyment (8 units)

1. What is a Plant, How do they Develop?;
2. Structure and Function of Plants;
3. Secondary Growth in Stems - Leaves & Their Function;
4. Plants and People;
5. Taxonomy: Classification, Nomenclature
6. Nomenclature, Names and Rules;
7. Plant Adaptations and Other Trivia ;
8. Ecology and Conservation

Writing for Pleasure (8 units)

1. Planning A Story;
2. Planning, Characters, Dialogue;
3. Beginnings, Endings and Flashbacks;
4. Evaluation;
5. Premise
6. Styles of Writing;
7. Another Look at Research;
8. Expanding Our Writing Skills

Human Biology (8 units)

1. Where Did We Come from?;
2. Food;
3. Health;
4. The Inner Workings of the Body;
5. Stress;
6. Inheritance, Genes and Stem Cells;
7. The Mind and Mental Health;
8. Muscles, Joints, Movements and Locomotion

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GARDENING	<p><u>UP THE GARDEN PATH</u> - with Jo McKenzie & Jeannie Hicks</p> <p><u>Description:</u> Visit a members garden for a walk and a chat. Stay on for morning tea.</p>	Members gardens	1st Garden to visit for Term 3 will be on Thursday 26th July
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
GUEST SPEAKER	<p><u>GUEST SPEAKER</u></p> <p>We continue to search for guest speakers and welcome members to offer suggestions or subjects of interest.</p>	Uniting Church Hall Foster	Members will be notified throughout the term
HEALTH	<p><u>MEMORY CLUB</u> - with Gunnar Froiland</p> <p><i>This class has been withdrawn for Term 3</i></p>	Community Health Centre Foster	Fridays 12 noon to 1:00 pm
HISTORY	<p><u>HISTORY LECTURES GROUP</u> - with Fred Weight</p> <p><u>Description:</u> The History of the Roman Empire - DVD and discussion</p> <p>Over the next 2 terms this group will work their way through the history of the ROMAN EMPIRE and will cover all aspects from before the Roman Empire until its decline.</p>	U3A Prom Coast HQ Foster	Thursdays 10:00 am to 11:30 am Commencing 19th July

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LANGUAGE	<p><u>ON-GOING FRENCH</u> - with Danielle Chamley</p> <p><u>Description:</u> This popular course will continue to provide further knowledge of the language, and expand the ability to communicate effectively in French.</p> <p>DVD's to do with cuisine, and different areas of France will be shown and discussed.</p> <p>Please Note: New participants joining "On-Going French" in 2018 will need to purchase the course reference book - \$27.00</p>	<p>Uniting Church Hall Foster</p>	<p>Tuesdays 2:00 to 4:00 pm</p> <p>17th; 24th and 31st July</p> <p>7th; 14th; 21st & 28th August</p> <p>4th; 11th; 18th September</p>
	<p><u>BEGINNERS FRENCH</u> - with Danielle Chamley</p> <p><u>Description:</u> This class aims to provide the skills needed for basic communication in French.</p> <p><u>Areas covered:</u></p> <ul style="list-style-type: none"> • Greetings • Shopping • Eating out etc • Alphabet & Basic Grammar • Special vocabulary for particular situations • General culture including poetry, songs, games etc <p>Participants will need to purchase the course reference book - \$27</p>		<p>Uniting Church Hall Foster</p>
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. <i>Participants must be a member of West Gippsland Regional Library</i></p>	<p>Prom Country Lodge Motel</p>	

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LITERATURE	<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>	<p>U3A Prom Coast HQ Foster</p>	<p>Mondays Fortnightly 10:00 am to 11:00 am 16th; 30th July 13th; 27th August 10th September</p>
MOVIES	<p>This term we will be running 2 <i>Movie Sessions per month</i></p> <p>Our usual: <u>MONDAY MOVIES</u> - with Helen Harris and <u>THURSDAY MOVIES</u> - with Jenni Munro</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>Members can nominate either day or both days Please mark the day on your enrolment form when filling it out</p>	<p>Stadium 4 Cinema Leongatha</p> <p>Refreshments and discussion</p> <p>Movie & Meal are at your own expense</p>	<p style="text-align: center;"><u>MONDAYS</u> Car pooling from Pulham's carpark Monday 23rd July Monday 20th August Monday 17th September</p> <hr/> <p style="text-align: center;"><u>THURSDAYS</u> Car pooling from Pulham's carpark</p> <p style="text-align: center;">Thursday 26th July Thursday 30th August</p>
SPORT & 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>

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SPORT & EXERCISE	<p><u>GOLF</u> - with Meryl Agars <u>Description:</u> Play with friends and enjoy 9 holes. This is a very popular activity, new members welcome There is a cost for this activity</p>	<p>Welshpool Golf Course</p>	<p>Tuesdays 10:00 am hit off BYO LUNCH</p>
	<p><u>TABLE TENNIS</u> - with Lyn Fillmore <u>Description:</u> Play the game! Enjoy some competition and learn some techniques from friends. New players welcome.</p>	<p>Masonic Hall In the Blue Room Foster</p>	<p>Wednesdays 1:00 pm to 2:30 pm</p>
	<p><u>TAI CHI</u> - with Pauline Cliff <u>Description:</u> Join Pauline for this very popular, fun class.</p>	<p>Community Health Centre Foster</p>	<p>Tuesdays 10:30 am to 11:30 am <i>Please note time change</i></p>
THEATRE	<p><u>ABBA-solutely Fabulous</u> - with Allan Locke Award winning entertainers <u>Rhonda Burchmore and Lara Mulcahy</u> present their smash hit live concert ABBA-solutely Fabulous.</p> <p>Get ready to experience an outrageously funny romp through ABBA's smash hits. The original dynamos from the worldwide sensation Mamma Mia! will delight with their irresistible humour and explosive renditions of songs.</p> <p>Rhonda's career includes roles in Hot Shoe Shuffle, Sugar Babies, Mamma Mia! and Mame; alongside a regular guest slot on Hey Hey It's Saturday. Lara Mulcahy has played starring roles in Mamma Mia!, Les Miserables, Moulin Rouge and more.</p> <p>Don't miss your chance to experience Rhonda Burchmore and Lara Mulcahy's critically acclaimed live concert. It's unlike any ABBA show you'll ever see.</p>	<p>West Gippsland Arts Centre Warragul Car pooling available</p>	<p>Friday October 12th - 8:00 pm \$60 Tickets to be paid for at enrolment day on Tuesday 10th July Only 10 tickets available</p>