

**U3A Prom Coast**  
**Term 1, 2020 Course List**  
**3 February to 27 March 2020**

	<p><b><u>U3A PROM COAST AGM</u></b>  <b><u>&amp; ENROLMENT DAY Term 1</u></b>          Please come along with <b>your enrolment and membership forms.</b>  <i>Refreshments available throughout the morning ,</i></p>	Foster Community Health Centre	Tuesday 21 January 2020 AGM at 10.15 am to 11.00 am Enrolments to follow to 11.00 pm
<b>Page 1</b>	<b>Subject</b>	<b>Venue</b>	<b>Dates and Times</b>
<b>ART &amp; CRAFT</b>	<p><u>CALLIGRAPHY</u> - with Jenefer Chitty  <u>Description:</u> Open to all - beginners &amp; those with experience.           There is a cost to members joining this activity for the first time          This class will be run once per term</p>	Foster RSL Club Rooms	Thursday 19 March 2020 12:30 pm. to 3:30 pm.
	<p><u>CRAFT GROUP</u> - with Jan Cripps  <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.  <b>All welcome</b></p>	Vi Plus Milk Factory Community Room Toora	Mondays Fortnightly 10:00 am - 12:00 noon 3 February 2020 17 February 2020 2 March 2010 16 March 2020
<b>BOARD GAMES</b>	<p><u>MAH-JONG</u> - with Maggie Daniel  <u>Description:</u> This ancient game is fascinating and fun to play.  <b>New members welcome</b></p>	Foster RSL Club Rooms	Tuesdays 4:00 pm to 6:00 pm
	<p><u>SCRABBLE</u> - with Jan Taylor  <u>Description:</u> Enjoy a social game of scrabble.  <b>New Members Welcome</b></p>	Café Max Prom Country Lodge Motel	Every Wednesday 3.30 pm - 5:00 pm

Page 2	Subject	Venue	Dates and Times
<b>BRAIN TEASERS</b>	<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 &amp;            Crosses. Some are a combination such as Code Crackers.            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 Dates 7 February 2020 21 February 2020 13 March 2020 27 March 2020
	<p><u>Numbers Course: Peter Wingett</u></p> <p>This is a continuation of the Term 4/2019 course which explored            the development of numbers, starting with the early Babylonian            system to present systems. The development of our present            denary (Base 10) number system. Other number systems such as            Base 6, Base 2 Binary system. Octal, Binary Coded Decimal &amp;            Hexadecimal systems and their importance in modern technology.            The Egyptian, Greek, Roman, Mayan and Inca number systems.            Pythagoras and the Cabalists.            Fun stuff, e.g. the creation of 'magic squares' was also covered.            In Term 1/2020 we will look at fast mental calculation for fun and            party tricks and have a brief look beyond the linear number line,            rational and irrational numbers to complex numbers and the            development of the concept of zero. We will further explore the            Term 4/2019 coverage and have a brief look at the application of            mathematics to the social and technological progress of society.            Any new participants wishing to join the class will be invited to            attend a catch-up session one hour before joining the two hour            session. Notes will be provided for the binders of the continuing            participants and a new binder with all notes will be provided for            each new participant.</p>	Uniting Church Hall Foster	Thursday 2.00pm to 4.00pm Dates 4 March 2020 12 March 2020 19 March 2020

Page 3	Subject	Venue	Dates and Times
BRAIN TEASERS	<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> <p>No new members please</p>	Joan Webley's	<p>every Wednesday starting 5 February 2020 1:00 pm to 2:30 pm</p>
COOKING	<p><u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore</p> <p><u>Description:</u> This year 2020 will be a little different to last year. One month will be at a restaurant and the next in a members' home. If attending the members home there will be a small cost of \$5.00 to cover ingredients. Participant numbers are limited to the members home activity so you need to be enrolled in the activity.</p>	Venues and dates to be confirmed	<p>Thursdays dates Thursday 6th February 2020 Dinner at Trullis Italian Restaurant Meeniyan dinner at own cost</p> <p>Thursday 5 March 2020. Time 12.30pm Hungarian Lunch at Cath Williams home in Toora. Cost is \$5.00</p>
GARDENING	<p><u>UP THE GARDEN PATH</u> Facilitators Helen Harris and Lyn Fillmore</p> <p><u>Description:</u> Visit a garden for a walk and a chat - stay on for morning tea.</p>	Various Gardens	<p>Thursdays 10.00am to 12.00 Dates 20 February 2020 19 March 2020</p>
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	<p>Every Friday 2:00 pm to 4:00 pm</p>

Page 4	Subject	Venue	Dates and Times
GUEST SPEAKER	<p><u>GUEST SPEAKER</u> Members will be advised when sessions are organised. <b><i>No need to enrol in this event .</i></b> Open to all members of the community.</p>	<p>Uniting Church Hall Foster 2:00 pm Afternoon tea provided</p>	<p>Dates To Be Advised</p>
HISTORY	<p><u>BIG HISTORY (a Great Courses DVD)</u> - with Jeff Montague Foundations of Western Civilisation: <b>A History of the Modern Western Civilisation.</b> This title is a little misleading in that it focuses on the history of Europe but does venture into other areas and individuals where their contribution is significant to modern Europe and Modern Western Civilisation. It includes about 35 Countries but focuses on the main European Countries of Italy, Spain, France &amp; the British Isles but includes Germany and others where and when they have made a contributions. The Course consists of 48 half hour lectures viewed two each time and time is provided between each lecture and following the second lecture to discuss points of interest. This is a formula used before with great success. The course runs at the U3A headquarters every Thursday during terms at 10.00am until about 11.30am. The lecturer is Dr Robert Bucholz PhD. He got his tertiary education at Cornell University and at the time of the lectures was Professor of History at Loyola University Chicago. He received his doctorate in Modern History from Oxford.</p>	<p>U3A Prom Coast HQ Foster</p>	<p>Weekly Thursdays 10:00 am to 11:30 am</p>

Page 5	Subject	Venue	Dates and Times
LANGUAGE	<u>BEGINNERS FRENCH</u> - Daniele Chamley Description: No previous knowledge of French necessary	Uniting Church Hall Foster	Mondays 1:30 to 3:00 pm
	<u>FRENCH 1</u> - with Daniele Chamley  <u>Description:</u> This class will aim to reach the same level/criteria as Advanced French.  All basic French including greetings, shopping, and special vocabulary for particular situations will be covered	Uniting Church Hall Foster	no classes 4th Wed of the month 10:00 to 12:00 noon dates 5 February 2020 12 February 2020 19 February 2020 4 March 2020 11 March 2020 18 March 2020
	<u>ADVANCED FRENCH</u> - with Daniele Chamley <u>Description:</u> This Term more emphasis will be given to: <ul style="list-style-type: none"> <li>. Listening and responding more effectively in French.</li> <li>. Watching and discussing French films.</li> <li>. Reading short stories.</li> <li>. Writing essays.</li> </ul> Everyone will also be expected to contribute by delivering a short talk (in English and/or French) on some individual topic. <b>NB: No new members</b> will be accepted in the class unless approved by the tutor.	Uniting Church Hall Foster	Every Tuesday 2:00 to 4:00 pm

Page 6	Subject	Venue	Dates and Times
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.</p> <p>Participants must be a member of West Gippsland Regional Library</p>	<p>Café Max Prom Country Lodge Motel</p>	<p>Thursdays 2:30 pm to 3:30 pm Dates 30th January 27 February 26 March</p>
	<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 Dates 3 February 2020 17 February 2020 2 March 2010 16 March 2020</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><b>Movie &amp; Meal are at your own expense</b></p>	<p>Stadium 4 Cinema Leongatha</p> <p>Refreshments and discussion</p>	<p><u>MONDAYS</u> Car pooling from Pulham's carpark Dates for movies 17 February 16 March</p>
MUSIC	<p><u>UKE3A</u> - with Arie Bos</p> <p>Description: Our very popular Uke3A is being offered again. Come along and learn to play the ukulele.</p> <p>Attendees need their own Uke, a tuner and a sense of humour.</p>	<p>Uniting Church Hall Foster</p>	<p>Thursdays  From 4:00 pm to 5:00 pm</p>

Page 7	Subject	Venue	Dates and Times
MUSIC	<p><u>MUSIC APPRECIATION</u> - Julia Aldons            Description: Two hour course once a month which includes performances by the attendees on various instruments or singing. (Although people who do not play an instrument or sing can still attend).            Then a discussion on the topic of the month eg: opera, symphony orchestra, jazz.            Followed by a discussion on the composer of the month eg: Bach, Elgar, Verdi, Gershwin.  <b>Numbers are limited for this activity</b></p>	Julia Aldon's house	<p>Mondays            1.30 pm To 3.30 pm            Dates            3 February 2020            2 March 2020</p>
SPORT & EXERCISE	<p><u>CIRCLE DANCING</u> - with Lois Frankland  <u>Description:</u> Gentle, rhythmic, choreographed dance steps using traditional and classical music. No partner required.            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.            Dancers can choose which sessions they attend according to their needs and abilities at the time.</p>	FWMAC Hall Foster	<p>Wednesdays            10:00 am - 10.15 beginners            ...            10:15 to 11:30 am - General Dances</p>
	<p><u>GOLF</u> - with Catherine Williams  <u>Description:</u> Play with friends and enjoy 9 holes.            This is a very popular activity,  <b>NEW MEMBERS WELCOME</b>  <b>There is a cost for this activity</b></p>	Welshpool Golf Course	<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>	Vi Plus Milk Factory Community Room Toora	<p>Wednesdays            1:30 pm to 3:00 pm</p>

Page 8	Subject	Venue	Dates and Times
<b>SPORT &amp; EXERCISE</b>	<p><u>TAI CHI</u> - with Pauline Cliff  <u>Description:</u> A fun, relaxing session for those who have a knowledge of tai chi moves.  <b>This is not a teaching class</b></p>	Community Health Centre Foster	Tuesdays 10:00 am to 11:00 am
	<p><u>TAI CHI</u> - with Jan Power and Joan Thomas  <u>Description:</u> A beginners class with Jan and Jo focussing on Beijing 24, Lohan and The Lotus forms..            Tai Chi is an experience - a way of life - Exercising the Mind - Soul, Breath and Balance - a state of oneness.            The Chinese developed a group of exercises physical and spiritual - these physical exercises are called Tai Chi.            The exercises do help with your breathing and balance.            With Tai Chi you become one with the movements.  <i>This class has limited numbers and is open to members who are new to Tai Chi.</i></p>	Uniting Church Hall Foster	Mondays 10:30 am to 11:30 am
	<p><u>PICKLE Ball</u> - with Fred Leopold  <u>Description:</u> A mixture of tennis, badminton and ping-pong.            Have fun learning this game together, singles or doubles. It should be fun.            Two nets will be set up, one for practicing and learning the game, the other for the people who are just that little bit more competitive.  <b>Please note non marking soles on footwear is required to ensure that the floor is not damaged.</b></p>	Foster Showgrounds Stadium	Thursday From 2:00 pm to 3.30 pm 2.00 to 2.30 beginners tutoring