

**U3A Prom Coast
Term 4, 2021 Course List
4th October to 17th December**

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<p><u>CALLIGRAPHY</u> - with Jenefer Chitty <u>Description:</u> Open to all - beginners & 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	Monday 15th November 12:00 pm to 3:00 pm
	<p><u>CRAFT GROUP</u> <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. All welcome THIS CLASS CANNOT GO AHEAD WITHOUT A FACILITATOR WOULD SOMEONE PLEASE OFFER TO UNLOCK AND LOCK DOORS</p>	Vi Plus Milk Factory Community Room Toora	Mondays Fortnightly 10:00 am - 12:00 noon Commencing 11th October
	<p><u>DESIGNING IN TEXTILES</u> - with Fleur Wheeler <u>Description:</u> A get together for people interested in textile designs and techniques, to exchange and share ideas. In whatever media you choose for creative pleasure, e.g. Embroidery. Patchwork. Applique. Creative Sewing. Felting etc. First meeting bring an example of your work to share ideas. Maximum 4 members</p>	Fleur's House	Tuesdays commencing 5th October 10:00 am to 12:00 noon
BOARD GAMES	<p><u>MAH-JONG</u> - with Annette Coy <u>Description:</u> This ancient game is fascinating and fun to play. New members welcome</p>	Foster RSL Club Rooms	Tuesdays 3:00 pm to 5:00 pm

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BOARD GAMES	<p><u>SCRABBLE</u> - with Jan Taylor</p> <p><u>Description:</u> Enjoy a social game of scrabble.</p> <p>New Members Welcome</p>	<p>Café Max Prom Country Lodge Motel</p>	<p>Tuesdays 10:30 to 12:00 noon</p>	
	BRAIN TEASERS	<p><u>NUMBERS</u> - with Peter Wingett</p> <p><u>Description:</u> An exploration of the development of numbers, starting with the early Babylonian system through to present systems. The development of our present denary (Base 10) number system. Other number systems such as Base 6. The Base 2 Binary system. Octal & Hexadecimal systems and their importance in modern technology. The development of the concept of zero. A look at fast mental calculation for fun.</p>	<p>Uniting Church Hall Foster</p>	<p>TBC</p>
		<p><u>SUDOKU</u> - with Julia Aldons</p> <p><u>Description:</u> Tackle the Soduko's - Easy, Moderate & Tough</p>	<p>Café Max Prom Country Lodge Motel</p>	<p>TBC</p>
<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>This class is fully subscribed. Join a wait list if interested.</p>		<p>Café Max Prom Country Lodge Motel</p>	<p>Wednesdays 1:00 pm to 2:30 pm</p>	

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COOKING	<p><u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore</p> <p><u>Description:</u> During Term 4 one month will be at a restaurant and the next in a members' home.</p> <p>If attending the members home there will be a small cost of \$5.00 to cover ingredients.</p> <p>Due to the popularity of this activity only members enrolling in this class at the beginning of term can attend throughout the term - no extra's will be accepted.</p>	<p>Any offers to host please call Lyn on 0421 645 375</p>	<p>Thursdays</p> <p>28th October - 12:30 pm Italian lunch at Paula Thomson's home Fish Creek</p> <p>-----</p> <p>25th November - 12:30 pm French Lunch - Lyn's home Foster</p> <p>-----</p> <p>9th December - 12:30 pm Lunch - Millie & Romeo's Koonwarra</p>
DANCE	<p><u>ROCK & ROLL</u> - facilitator is Alison Shields</p> <p><u>Description:</u> Discover the fun of moving in time to a real beat and doing it with someone else. Bring a partner – or come alone.</p> <p>The session will give you all the basics and gently move on to such routines as everyone can manage. No one will be left behind.</p>	<p>Port Franklin Hall</p> <p>Tutors are Noel and Amanda</p> <p>New Members always welcome</p>	<p>Wednesdays</p> <p>3:30 pm to 5:00 pm</p> <p>Beginning 6th October</p>
	<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>FWMAC Hall Supper Room Foster</p>	<p>Wednesdays</p> <p>10:15 am to 11:30 am</p>

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GARDENING	<p><u>UP THE GARDEN PATH</u> - Facilitators Lyn Fillmore</p> <p><u>Description:</u> Visit a garden for a walk and a chat - stay on for morning tea.</p> <p>Do you have a garden you would like to show members of this group; or do you know someone who you think may be interested to show off their garden? We would love to hear from you. Contact Lyn: 0421 645 375</p> <p><i>Due to the popularity of this activity only members enrolling in this class at the beginning of term can attend throughout the term - <u>no extra's will be accepted.</u></i></p>	Various Gardens	<p>Thursdays 21st October venue TBA</p> <p>-----</p> <p>18th November Cranbourne Gardens</p> <p>-----</p> <p>16th December 10:00 a.m. Kate & Bruce Crowls Foster</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>	Prom Country Lodge Motel Meeting Room	Fridays 2:00 pm to 4:00 pm
HISTORY	<p><u>HISTORY - A GREAT COURSES DVD</u> - with Jeff Montague</p> <p>"Foundations of Western Civilization II: A History of the Modern Western World"</p> <p><u>Description:</u> A History of the Modern Western World, exploring the ideas, events and characters that mould Political; Social; Religious; Intellectual; Cultural; Scientific; Technological and Economic history during the tumultuous period between the 16th and 20th centuries.</p> <p>2 half hour DVD lectures with opportunities for discussion of points of interest.</p>	Café Max Prom Country Lodge Motel Meeting Room	Thursdays Commencing 7th October 10:00 am to 11:30 am

Page 5	Subject	Venue	Dates and Times
LANGUAGE	<p><u>BEGINNERS FRENCH</u> - Daniele Chamley</p> <p><u>Description:</u></p> <ul style="list-style-type: none"> - Understanding and speaking practical French. - Dealing with simple situations, sometimes in a clever way!! <ul style="list-style-type: none"> - Complaints - Bargaining - At a Police Station <p>This class will only run if there is a minimum of 6 members per week</p>	<p>Uniting Church Hall Foster</p>	<p>Mondays 1:30 to 3:00 pm</p> <p>4th; 11th; 18th; 25th October 8th; 15th; 22nd; 29th November 6th; 13th December</p>
	<p><u>ADVANCED FRENCH</u> - with Daniele Chamley</p> <p><u>Description:</u></p> <p>This Term more emphasis will be given to:</p> <ul style="list-style-type: none"> . Listening and responding more effectively in French; Writing Essays . Watching & discussing French films; Reading short stories; <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>New members</i> only accepted after being approved by the tutor.</p>	<p>Uniting Church Hall Foster</p>	<p>Tuesdays 2:00 pm to 3:30 pm</p> <p>5th; 12th; 19th; 26th October 9th; 16th; 23rd; 30th November 7th; 14th December</p>
	<p><u>FRENCH 1</u> - with Daniele Chamley</p> <p><u>Description:</u> This class will follow a syllabus similar to Tuesday's Advanced class.</p>	<p>Uniting Church Hall Foster</p>	<p>Wednesdays 10:00 am to 12:00 noon</p> <p>6th; 13th; 20th October 3rd; 10th; 17th November 1st; 8th; 15th December</p>

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><u>Participants must be a member of West Gippsland Regional Library</u></p> <p>This activity is fully subscribed however we have a wait list, you may be next!</p>	Prom Country Lodge Motel Meeting Room	<p>Thursdays 2:30 pm discussion 7th October 4th November</p> <p>2nd December will be a lunch meeting more details later</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>	Café Max Prom Country Lodge Motel	<p>Alternate Mondays 10:00 am to 11:00 am</p> <p>4th & 18th October 1st, 15th & 29th November</p>
MOVIES	<p><u>FRIDAY 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>	Stadium 4 Cinema Leongatha Refreshments and discussion	<p>Fridays - Monthly</p> <p>15th October 19th November 17th December</p>
MUSIC	<p><u>UKE3A</u> - with Arie Bos</p> <p><u>Description:</u> Our very popular Uke3A is being offered again. Come along and learn to play the ukulele. Attendees need their own Uke, a tuner and a sense of humour.</p>	Uniting Church Hall Foster	<p>Tuesdays 10:30 am to 12:00 noon</p>

Page 7	Subject	Venue	Dates and Times
MUSIC	<p><u>MUSIC APPRECIATION</u> - Julia Aldons</p> <p><u>Description:</u> Two hour session, 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.</p>	Julia Aldon's house	<p>Mondays 2:30 pm to 4.30 pm</p> <p>4th October 8th November 6th December</p>
SCIENCE	<p><u>TRAILS OF EVIDENCE: HOW FORENSIC SCIENCE WORKS</u> - with Jeff Montague</p> <p><u>Description:</u> Introducing the multidisciplinary field of forensic science behind evidence gathering and investigations, using actual casework to illustrate basic principles.</p> <p>Two half hour lectures each week, with time for questions and discussion.</p>	Prom Country Lodge Motel Meeting Room	<p>Thursdays 1:00 pm to 2:30 pm</p>
DVD LIBRARY	<p><u>U3A PROM COAST HAVE OUR OWN DVD LIBRARY</u></p> <p>There is a large collection of <u>Great Courses DVD's</u> available. The opportunity is there for members to choose a subject of interest to you, facilitate a class, and share with others.</p>	Prom Country Lodge Motel Meeting Room	Contact Committee for a look over the available DVD's

SPORT & EXERCISE

GOLF - with Catherine Williams

Description: Play with friends and enjoy 9 holes.
Come along and have a go.

New players welcome

There is a cost for this activity

Welshpool
Golf
Course

Tuesdays
beginning 5th October

10:00 am hit off
BYO LUNCH

PICKLE BALL - with Fred Leopold

Description: A mixture of tennis, badminton and ping-pong.
Have fun learning this game together, singles or doubles. It should be fun.

New players welcome

Foster High School
Gymnasium

Fridays

5:30 pm to 7:00 pm

TABLE TENNIS - with Lyn Fillmore

Description: Play the game! Enjoy some competition and learn some techniques from friends.

New players welcome.

Vi Plus Milk Factory
Community Room
Toora

Wednesdays
Beginning 6th October
1:30 pm to 3:00 pm

Page 9	Subject	Venue	Dates and Times
SPORT & EXERCISE	<p>Please Note: There are three (3) Tai Chi classes.</p> <p>NOTE: <i>mark the tutor on your enrolment form</i> to be sure we get your preference correct.</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>Wednesdays</p> <p>10:00 am to 11:00 am</p>
	<p><u>TAI CHI</u> - with Jan Power and Joan Thomas</p> <p><u>Description:</u> A beginners class with Jan and Jo focussing on Beijing 24, Lohan and The Lotus forms..</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>Uniting Church Hall Foster</p>	<p>Mondays</p> <p>Starts 4th October</p> <p>10:30 am to 11:30 am</p>
	<p><u>TAI CHI</u> - with Tania Bird</p> <p><u>Description:</u></p> <p>Tai chi is gentle, slow exercise which tones and strengthens the body and improves balance. Beginners are welcome.</p>	<p>Port Franklin Hall</p>	<p>Mondays</p> <p>11:00 am to 12:00 noon</p>