

**U3A Prom Coast
Term 1, 2022 Course List
31st January to 8th April**

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 March Date to be advised 12:00 noon to 3:00 pm
	<p><u>CRAFT & CHAT GROUP</u> <u>Description:</u> A social morning, bring your choice of craft. All welcome</p>	To be confirmed	Mondays 10:00 am - 12:00 noon TBC
	<p><u>ART CLASS</u> - Tutor: Fleur Wheeler <u>Description:</u> Calling for expression of interest for those wanting to join an art group.</p>	To be confirmed	Tuesdays 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
	<p><u>SCRABBLE</u> - with Pixie Jones <u>Description:</u> Enjoy a social game of scrabble. New Members Welcome</p>	Café Max Prom Country Lodge Motel	Tuesdays 10:30 am to 12:00 noon

Page 2	Subject	Venue	Dates and Times
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>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>Café Max Prom Country Lodge Motel</p>	<p>Wednesdays Commencing 9th February 1:00 pm to 2:30 pm</p>
COMPUTING AND OTHER TECHNOLOGY	<p><u>COMPUTERS AND ALL OTHER DEVICES:</u> with John Roberts</p> <p>No problem is too big or too small, John will help you tackle it - hands on, in your own home - through the Be Connected program.</p> <p>OR:</p> <p>Join a group session for problem solving.</p>	<p>In your own home or a venue to be advised</p>	<p>Fridays/Mondays</p>

Page 3	Subject	Venue	Dates and Times
COOKING	<p><u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore</p> <p><u>Description:</u> We have two lunches in members homes this term.</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 24th February - 12:30 pm French Lunch Lyns home Foster</p> <p>-----</p> <p>24th March Italian Lunch Paulas home Fish Creek</p>
	DANCE	<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" starting at 10:15 am and will include more complex dances towards the end of the session.</p>	<p>FWMAC Hall Supper Room Foster</p>
<p><u>LINE DANCING</u> - with Tania Bird</p> <p><u>Description:</u> Line dancing for exercise. Dancing to the music of the 60's an 70's. Easy step by step learning.</p>		<p>Port Franklin Hall</p>	<p>Mondays 10:00 am to 10:45 am</p>

Page 4	Subject	Venue	Dates and Times
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>
GARDENING	<p><u>UP THE GARDEN PATH</u> - Facilitator is 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 intersted 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>	<p>Various Gardens</p>	<p>Thursdays</p> <p>17th February Jenny Rays Garden Foster</p> <hr style="border-top: 1px dashed black;"/> <p>17th March Ken Urquharts garden Foster</p>

Page 5	Subject	Venue	Dates and Times
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>	Café Max Prom Country Lodge Motel	Fridays 2:00 pm to 4:00 pm
GUEST SPEAKER	<p><u>GUEST SPEAKER</u></p> <p><u>Description:</u> From time to time we run a Guest Speaker session. These sessions are open to all members and the community.</p>	Uniting Church Hall Foster	First Session for Term 1 <u>Camera Course</u> with Simon Shee Friday 4th February 10:00 am All Welcome
HISTORY	<p><u>HISTORY - A GREAT COURSES DVD</u> - with Jeff Montague "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>	Venue to be confirmed	Thursdays 10:00 am to 11:30 am

Page 6	Subject	Venue	Dates and Times
LANGUAGE	<p><u>BEGINNERS FRENCH</u> - Daniele Chamley</p> <p><u>Description:</u> Basic French Vocabulary ad sentences for specific situations Introducing yourself Negotiating Complaining: eg unsatisfactory purchase Likes and Dislikes Games, songs etc</p>	Uniting Church Hall Foster	Mondays 1:00 pm to 3:00 pm 31st January 7th; 14th, 21st; 28th February 7th; 21st; 28th March 4th April
	<p><u>ADVANCED FRENCH</u> - with Daniele Chamley</p> <p><u>Description:</u> Extended vocabulary and expression for: Conversation Role plays Films and discussion Monologue Individual input, eg: delivery of a talk on topics of interest</p> <p>NB: <i>New members</i> only accepted after being approved by the tutor.</p>	Uniting Church Hall Foster	Tuesdays 2:00 pm to 4:00 pm 1st; 8th; 15th; 22nd February 1st; 8th; 15th; 22nd; 29th March 5th April
	<p><u>INTERMEDIATE FRENCH</u> - with Daniele Chamley</p> <p><u>Description:</u> Similar to advanced class but with simpler vocabulary. Text book should be completed by the end of the year.</p>	Uniting Church Hall Foster	Wednesdays 10:00 am to 12:00 noon 2nd; 9th; 16th; 23rd February 2nd; 9th; 16th; 30th March 6th April

Page 7	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</p> <p>10th February - 2:00 start inc. discussion with Julie</p> <p>10th March - 2:30 start</p> <p>7th April - 2:30 start</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>Café Max Prom Country Lodge Motel</p>	<p>Alternate Mondays 10:00 am to 11:00 am</p> <p>31st January 14th; 28th February 14th; 28th March</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 style="text-align: center;">Movie & Meal are at your own expense</p>	<p>Stadium 4 Cinema Leongatha</p> <p>Refreshments and discussion</p>	<p>Fridays - Monthly</p> <p>18th February 18th March</p>

Page 8	Subject	Venue	Dates and Times
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>	Venue to be confirmed	Tuesdays 3:30 to 4:30
	<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.</p>	Julia Aldon's house	Mondays 3:00 pm to 5.00 pm 31st January 7th February 7th March
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>	Venue to be confirmed	Thursdays 1:00 pm to 2:30 pm

Page 9	Subject	Venue	Dates and Times
SPORT & EXERCISE	<p><u>GOLF</u> - with Catherine Williams</p> <p><u>Description:</u> Play with friends and enjoy 9 holes. Come along and have a go.</p> <p>New players welcome</p> <p style="text-align: center;">There is a cost for this activity</p>	<p>Welshpool Golf Course</p>	<p>Tuesdays</p> <p>10:00 am hit off</p>
	<p><u>PICKLE BALL</u> - with Fred Leopold</p> <p><u>Description:</u> A mixture of tennis, badminton and ping-pong. Have fun learning this game together, singles or doubles. It should be fun.</p> <p>New players welcome</p>	<p>Foster High School Gymnasium</p>	<p>Fridays</p> <p>5:30 pm to 7:00 pm</p>
	<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.</p> <p>New players welcome.</p>	<p>Lions Den Community Room Toora</p>	<p>Wednesdays</p> <p>1:30 pm to 3:00 pm</p>

Page 10	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>10:30 am to 11:30 am</p>
	<p><u>TAI CHI</u> - with Tania Bird</p> <p><u>Description:</u> Tai chi is gentle, slow exercise which tones and strengthens the body and improves balance. Beginners welcome.</p>	<p>Port Franklin Hall</p>	<p>Mondays</p> <p>11:00 am to 12:00 noon</p>