

**U3A Prom Coast
Term 4, 2023 Course List
2nd October to 20th December 2023**

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<p><u>ART CLASS</u> - with Fleur Wheeler</p> <p><u>Description:</u> Fleur's popular art class continues in 2023. Fleur has a wealth of art knowledge. Members lucky enough to be accepted into her class will learn something new with each class. Take a minute to listen to what Fleur has to say.</p>	<p>U3A Prom Coast Learning Centre</p>	<p>Tuesdays 9:45 am to 11:45 am</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>Foster RSL Club Rooms</p>	<p>Monday 6th November 12:00 noon to 3:00 pm</p>
	<p><u>MOSAICS</u> - with Maggie Daniel</p> <p><u>Description:</u> Participants will broaden their understanding of this ancient art form using modern techniques and materials while developing their own style.</p>	<p>Foster Scout Hall</p>	<p>Thursdays 1:00 pm to 3:00 pm</p>

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BOARD GAMES	<p><u>MAH-JONG</u> - with Jenny Weimer</p> <p><u>Description:</u> This ancient game is fascinating and fun to play.</p>	Foster RSL Club Rooms	Tuesdays 4:00 pm to 6:00 pm
	<p><u>SCRABBLE</u> - with Pixie Jones</p> <p><u>Description:</u> Enjoy a social game of scrabble. New members welcome</p>	Foster Golf Club	Tuesdays 10:30 am to 12:00 noon
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>	Foster Golf Club	Wednesdays 1:00 pm to 2:30 pm
CARAVANNING AND CAMPING	<p><u>CARAVANNING & CAMPING</u> with Kathleen Young</p> <p><u>Description:</u> This group of camping enthusiasts will plan trips throughout the year. They meet regularly to brainstorm their next adventure. All members welcome to join.</p>	Camping at Robe 27/10 to 10/11	Meeting 4th October 3:30 pm U3A PC Learning Centre.
COMPUTING	<p><u>COMPUTING FOR BEGINNERS</u> - with Peter Wingett</p> <p><u>Description:</u> This course is for novice users of computers, and people wishing to improve their basic skills.</p> <p>Each session is topic based, with the emphasis on making the use of your computer enjoyable rather than intimidating.</p>	U3A Prom Coast Learning Centre	Fridays 10:00 am to 12:00 noon U3A Prom Coast Learning Centre

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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. 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>Wednesdays 10:15 am to 11:30 am New members welcome</p>
	<p><u>CIRCLE DANCING</u> - with Tania Bird</p> <p><u>Description:</u> Traditional dances from around the world, danced in a circle with a friendly group of women and men. Fast & slow dances make circle dancing fun and great exercise to beautiful music.</p>	<p>Dakers Centre Leongatha</p>	<p>Thursdays 11:45 am New members welcome</p>
	<p><u>DANCING FOR EXERCISE</u> - with Tania Bird</p> <p><u>Description:</u> Dancing to the music of the 60's an 70's. Easy step by step learning. All welcome.</p>	<p>Port Franklin Hall</p>	<p>Mondays 10:00 am to 10:45 am</p>
	<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. The session will give you all the basics and gently move on to routines everyone can manage. No one will be left behind.</p>	<p>Port Franklin Hall Tutors are Noel & Amanda New Members always welcome</p>	<p>Wednesdays 3:30 pm to 5:00 pm</p>

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FOOD	<p><u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore</p> <p><u>Description:</u> We will go to different cafes,hotels or restaurants once a month.</p> <p>Lets have a discussion on a country's culture and cuisine, over lunch.</p>	Thursdays	<p>26th October_12:30 pm Chao Phraya Thai River Restaurant, Leongatha</p> <p>-----</p> <p>23rd November_12:30 pm Woodside Beach Hotel, Woodside_Christmas Breakup</p>
GARDENING	<p><u>UP THE GARDEN PATH</u> - Facilitators are Lyn Fillmore and Allan Locke</p> <p><u>Description:</u> Visit a garden for a walk and a chat - stay on for morning tea.</p>	Visit Members Gardens	<p>Thursday 19th October_10:00 am Margaret Eddys garden Camellias</p> <p>-----</p> <p>Thursday 16th November_10:00 am Jenny Ray's garden Christmas Breakup</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>	Manna Gum Community House	Fridays 2:00pm to 4:00 pm

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GUEST SPEAKER SESSIONS	<p><u>GUEST SPEAKER SESSIONS</u></p> <p><u>Description:</u> Sit back in the comfort of your U3A Prom Coast Learning Centre.</p> <p>We have a selection of Guest Speakers on varied subjects to entertain you.</p> <p>Stay on for some afternoon tea.</p> <p>Do you have something you could offer these sessions? We'd love to hear from you for a future session.</p>	<p>Day: Fridays Time: 1:00 pm to 2:15 pm Venue: U3A Prom Coast Learning Centre</p> <p>-----</p> <p>13th October Positive Ageing Service based at South Gippsland Hospitals Community Health Centre will present information about themselves. Join the discussion on how this service might be helpful for community members over the age of 65.</p> <p>-----</p> <p>27th October Simon Shee Samburu & Buffalo Springs National Reserves, Kenya</p> <p>-----</p> <p>10th November Eleanor Davis - power point talk on her family experience of building a yacht in Adelaide and sailing on it for 7 years, 5 in the Mediterranean.</p>	

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HISTORY	History DVD classes are open to all members. You can join in at any time		
	<p><u>THE MONGUL EMPIRE (continuing)</u>: Facilitator is Jeff Montague</p> <p><u>Description</u>: The story of the Mongol civilisation from their origin as a small tribal group from the steppes of North China to the largest contiguous empire in the history of the world, ruling over one sixth of the world's surface.</p> <p>24 half hour video lectures by Professor Craig Benjamin.</p>	U3A Prom Coast Learning Centre	Thursdays 10:00 am to 11:30 am
	<p><u>THE VIKINGS (continuing)</u>: Facilitator is Fred Weight</p> <p><u>Description</u>: The Vikings story of their impact on medieval civilisations and how centuries of raids, trade, conquests and settlement of Britain, Europe, Iceland and New Foundland in turn, altered Scandinavian culture, institutions and religions. 36 half hour video lectures by Professor Kenneth Harl.</p>	U3A Prom Coast Learning Centre	Tuesdays 12:00 noon to 1:30 pm First session starts 22nd August
LANGUAGE	<p><u>BEGINNERS FRENCH</u> - Daniele Chamley</p> <p><u>Description</u>: Basic French Vocabulary and sentences for specific situations: Introducing yourself; Negotiating; Games; Songs; Likes and Dislikes; Complaining: eg unsatisfactory purchase; etc</p>	U3A Prom Coast Learning Centre	Mondays 1:00 pm to 3:00 pm

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LANGUAGE	<p><u>ADVANCED FRENCH</u> - with Daniele Chamley</p> <p><u>Description:</u> Extended vocabulary and expression for: Conversation; Role plays; Films & 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 tutor.</p>	U3A Prom Coast Learning Centre	Wednesdays 9:45 am to 11:45 am
LITERATURE	<p><u>BOOK CLUB</u> - with Anne McNess</p> <p><u>Description:</u> A mixture of fiction and non-fiction with a preference for Australian authors. Participants must be a member of MYLI (West Gippsland Regional Library) Members of this group are to read the book then join together for a discussion at each monthly meeting.</p>	U3A Prom Coast Learning Centre	Thursdays 2:00 pm 5th October 2nd November 7th December
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>	U3A Prom Coast Learning Centre	Alternate Mondays 10:00 am to 11:00 am 2/10; 16/10; 30/10; 13/11; 27/11; 11/12

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LITERATUR	<p><u>JOURNALING</u> - with Chris Kemper</p> <p><u>Description:</u></p> <p>Journaling is a fun and creative way to express your thoughts and ideas. The course will start from scratch, exploring different methods and supplies, giving you enough information to continue independently.</p>	U3A Prom Coast Learning Centre	<p>4 Thursdays 2:00 pm - 3:30 pm</p> <p>12th October 19th October 26th October 9th November</p>
MOVIES	<p><u>FRIDAY MOVIES</u> - with Helen Harris</p> <p><u>Description:</u></p> <p>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 Refreshments and discussion</p>	<p>Fridays - Monthly</p> <p>20th October 17th November 15th December</p>
MUSIC Ukeing	<p><u>UKE3A</u> - with Arie Bos</p> <p><u>Description:</u></p> <p>Come along and learn to play the ukulele. Attendees need their own Uke, a tuner and a sense of humour.</p>	U3A Prom Coast Learning Centre	<p>Wednesdays</p> <p>12:00 noon to 1:45 pm</p>

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MUSIC GROUP	<p><u>MUSIC GROUP:</u> with Ken Urquhart</p> <p><u>Expressions of Interest:</u> A new activity is proposed to commence in 2024. The main aim is to enjoy playing music together. This activity is primarily for those who have their own instrument and have played previously. An ability to read music would be an advantage.</p> <p>In order to start up Term 1 2024, the aim is to meet a couple of times during Term 4 to nut out the logistics. Members to supply their own instruments and a music stand. This is not a teaching class.</p>	U3A Prom Coast Learning Centre	Mondays from 3:15 pm
MUSIC Singing	<p><u>SINGING FOR PLEASURE:</u> - with Francesca Dickinson</p> <p><u>Description:</u> Are you looking for an opportunity to sing, have fun and share knowledge. We will be using the Port Franklin hall which has great acoustics and an in-tune piano. Francesca is looking forward to hearing your voices and experiencing the joy of song together.</p>	Port Franklin Hall	Tuesdays 10:30 am to 12:00 noon
SCIENCE Open to all members, join in at anytime	<p><u>PRACTICAL GEOLOGY (continuing):</u> Facilitator is Simon Shee</p> <p><u>Description:</u> Geology is probably the most accessible and enjoyable of all the sciences. You can do it almost anywhere. The equipment you need is minimal. It takes you outdoors, often to spectacular places. Best of all, the insights are astonishing - and practical. .</p>	U3A Prom Coast Learning Centre	Thursdays 12:00 noon to 1:30 pm

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

10:00 am hit off

PICKLE BALL - with Fred Leopold

Description:

A mixture of tennis, badminton and ping-pong.

Have fun learning this game together, singles or doubles.

Foster Basketball
Stadium

Fridays

4:00 pm to 6:00 pm

TABLE TENNIS - with Lyn Fillmore

Description:

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

Appropriate footwear must be worn.

FWMAC Hall
Supper Room
Foster

Wednesdays

1:45 pm to 3:15 pm

Page 11	Subject	Venue	Dates and Times
SPORT AND EXERCISE	<p>Once again we are running five (5) Tai Chi Classes in four (4) different venues.</p> <p>Members are welcome to join any of the classes of their choice and more than one if that is what suits you.</p> <p>Be sure to mark you Enrolment Form with the correct information.</p>		
	<p><u>TAI CHI for BEGINNERS</u> - with Tania Bird</p> <p><u>Description:</u> Tai Chi is gentle strengthening and toning movements to improve balance, back health and general well-being done to relaxing music. Class comprises qigong and tai chi forms.</p>	<p>Dakers Centre Leongatha</p>	<p>Thursdays 9:45 am</p>
	<p><u>TAI CHI CONTINUING</u> - with Tania Bird</p> <p><u>Description:</u> For students with some experience of tai chi. We further explore Yang and Sun style forms as well as continuing quigong exercises.</p>	<p>Dakers Centre Leongatha</p>	<p>Thursdays 10:45 am</p>

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SPORT AND EXERCISE	<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 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 exercises do help with your breathing and balance.</p>	<p>Uniting Church Hall Foster</p>	<p>Mondays 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 11:00 am to 12:00 noon</p>