

**U3A Prom Coast
Term 1, 2024 Course List
30th January to 28th March 2024**

| 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.</p> | <p>U3A Prom Coast Learning Centre</p> | <p>Tuesdays 9:45 am to 11:45 am</p> |
| | <p><u>WATERCOLORS WITH MARY</u> - with Mary Shaw</p> <p><u>Description:</u> One aim of this course is to improve skills and confidence in painting, using Watercolours and other water media to explore various painting techniques. Each week will focus on a topic like landscapes, seascapes, birds, flowers etc.</p> | <p>U3A Prom Coast Learning Centre</p> | <p>Fridays 2:30 pm to 4:00 pm</p> |
| | <p><u>CALLIGRAPHY</u> - with Jenefer Chitty</p> <p><u>Description:</u> Open to all - beginners & those with experience. There is a cost to members joining this activity for the first time.</p> | <p>Foster RSL Club Rooms</p> | <p>This class is run once per term Monday 26th February 12:00 noon to 3:00 pm</p> |

| Page 2 | Subject | Venue | Dates and Times |
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| ART & CRAFT | <p><u>MOSAICS</u> - with Maggie Daniel & Christine Bradsworth</p> <p><u>Description:</u> Participants explore different methods of creating mosaic pieces in a shared learning environment. Mosaics take time and patience. Please be aware that, over time, you will need to purchase some equipment and resources.</p> | Foster Scout Hall | Thursdays 1:00 pm to 3:00 pm |
| 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> <p>New members are welcome and we will teach any beginners how to play this fun and absorbing game.</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 |

| Page 3 | Subject | | Dates and Times |
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| 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. 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 |
| | <p><u>YouTube FOR BEGINNERS</u> with Jeff Montague</p> <p><u>Description:</u> Have you ever wondered what YouTube is all about? Or learn more about what is safe to look at when doing a search, and what should be dismissed.</p> <p>There is a wealth of general information on the internet and Jeff will show what is available. Bring along a list of things you want to know/learn about.</p> | U3A Prom Coast Learning Centre | Alternate Mondays 10:00 am to 11:00 am 12th; 26th February 25th March |
| 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> | FWMAC Hall Supper Room Foster | Wednesdays 10:15 am to 11:30 am New members welcome |
| | <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> | Dakers Centre Leongatha | Thursdays 11:45 am New members welcome |

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| 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. 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> |
| DEATH & DYING | <p><u>ON DEATH AND DYING:How to Die Prepared</u> - with Alison Shields</p> <p><u>Description:</u> The 'Death and Dying' class includes a range of matters connected with the inevitability of dying. We will consider such topics as wills, financial organisation, end of life care, the practicalities of arranging a funeral and thinking about where to spend eternity. Guest speakers will introduce the different topics, suggest where to go for more specific information and answer questions. Bring your thoughts and queries, bearing in mind the essence of each class is to provide an essentially practical guide rather than to explore different philosophical approaches to death.</p> | | <p>U3A Prom Coast Learning Centre Mondays 3:00 pm to 5:00 pm Commencing 12th February</p> |
| 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. Lets have a discussion on a country's culture and cuisine, over lunch.</p> | | <p>Thursday 22nd February_12:00 noon Long John Pickles, Fish Creek Discussion Topic: Ireland ----- 28th March_12:30 pm_Exchange Hotel, Foster Discussion Topic: The Netherlands</p> |

| Page 5 | Subject | Venue | Dates and Times |
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| GARDENING | <p><u>UP THE GARDEN PATH</u> - with Arie Bos</p> <p><u>Description:</u> Visit a garden for a walk and a chat - stay on for morning tea.</p> <p>First garden visits for Term 1 will be two gardens in Port Franklin- 15th February.</p> | Visit Members Gardens | Thursdays 15th February 21st March |
| 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 2:00 pm to 4:00 pm |
| GUEST SPEAKER SESSIONS | <p><u>GUEST SPEAKER SESSIONS</u> - Fridays 1:00 pm to 2:15 pm <u>Venue</u> is U3A Prom Coast Learning Centre</p> <p><u>Description:</u> Sit back in the comfort of your U3A Prom Coast Learning Centre. We have a selection of Guest Speakers on varied subjects to entertain you. Stay on for some afternoon tea.</p> | <p>9th February - Simon Shee Talk & slide show on Malawi, South East Africa, a landlocked country in southeastern Africa. The lake's southern end falls within Lake Malawi National Park – sheltering diverse wildlife from colorful fish to baboons.</p> <p>-----</p> <p>2 more sessions for the term to be confirmed</p> | |

| Page 6 | Subject | Venue | Dates and Times |
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| HISTORY | History DVD classes are open to all members. You can join in at any time | | |
| | <p><u>RUSSIA (continuing)</u>: Facilitator is Jeff Montague</p> <p><u>Description</u>: The history and development of Russia from Peter the Great to Gorbachov.</p> | <p>U3A Prom Coast Learning Centre</p> | <p>Thursdays 10:00 am to 11:30 am</p> |
| | <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.</p> | <p>U3A Prom Coast Learning Centre</p> | <p>Tuesdays 12:00 noon to 1:20 pm</p> |
| | <p><u>THE AFRICAN EXPERIENCE</u>: Facilitator is Fred Weight</p> <p><u>Description</u>: This course will explore all that is African, from the cradle of civilization, through cultures, ecology and colonisation, to the great hopes and expectations of independence.</p> | <p>U3A Prom Coast Learning Centre</p> | <p>Tuesdays 12:00 noon to 1:20 pm Commencing 27th February</p> |

| Page 7 | Subject | Venue | Dates and Times |
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| HOLIDAYS and TRAVEL | <p><u>HOLIDAYS & TRAVEL</u> with Neil Shaw</p> <p><u>Description:</u> This new activity will commence in Term 1, 2024 The group will meet weekly, or thereabouts, for one hour in the U3A Learning Centre. Each week there will be a short presentation (or guest) describing a recent holiday and travel experience, illustrated with photos and including costings, mode of travel, accommodation etc.</p> <p>The group will also discuss proposed "adventures" and members will be invited to participate. One possible aim would be a few organized trips away, including a few in winter, but perhaps to a warmer climate.</p> <p>Worried about missing a week _don't be_ each meeting will be a stand alone.</p> | U3A Prom Coast Learning Centre | <p>Wednesdays</p> <p>2:15 pm - 3:15 pm</p> |
| LANGUAGE | <p><u>EASY PEASY GRAMMAR</u> with Alison Shields</p> <p><u>Description:</u> Would you like to play with words? Master the apostrophe? Help the grandchildren with their English? Or simply write more expressively for your own pleasure and satisfaction (maybe writing your memoirs!)?</p> <p>EPEG (Easy Peasy English Grammar) is a six week course covering the joys of plain English, as well as some of its quirks and richness.</p> | <p>Tuesdays</p> <p>3:15 pm to 4:15 pm</p> <p>Venue is: U3A Prom Coast Learning Centre</p> | |

| Page 8 | Subject | Venue | Dates and Times |
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| 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 & Dislikes; Complaining: eg unsatisfactory purchase; etc</p> | U3A Prom Coast Learning Centre | Tuesdays 1:30 pm to 3:00 pm |
| | <p><u>INTERMEDIATE FRENCH</u> - with Daniele Chamley</p> <p><u>Description:</u> - Extended vocabulary for: Conversation; Role Play - Films (with sub-titles) -Trivia; Camps; Songs; Individual input.</p> | U3A Prom Coast Learning Centre | Mondays 1:00 pm to 3:00 pm |
| | <p><u>ADVANCED FRENCH</u> - with Daniele Chamley</p> <p><u>Description:</u> Extended vocabulary and expressions for: Conversation; Role plays; Films & Discussion; Monologue Individual input, eg: delivery of a talk on topics of interest NB: <i>New members</i> to be 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 1st February 29th February 28th March |

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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>New members welcome</p> | U3A Prom Coast Learning Centre | <p>Alternate Mondays</p> <p>10:00 am to 11:00 am</p> <p>5th; 19th February 4th; 18th March</p> |
| | <p><u>JOURNALING</u> - with Chris Kemper</p> <p><u>Description:</u> 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> | | <p>4 Thursdays</p> <p>2:00 pm - 3:30 pm</p> <p>8th; 15th; 22nd February 7th 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 at your own expense</p> | <p>Stadium 4 Cinema Leongatha Refreshments and discussion</p> | <p>Fridays - Monthly</p> <p>16th February 15th March</p> |

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| MUSIC | <p><u>CLASSICAL VIOLIN</u> - with Claudene-Marie Adams</p> <p><u>Description:</u> A string group to enjoy and learn Classical, Irish and Scottish music. This group will be extending your learning capacity, co ordination skills and senses as well as full enjoyment and appreciation of the violin repertoire. Cello and viola players welcome.</p> | <p>U3A Prom Coast Learning Centre</p> | <p>Tuesdays 8:15 am to 9:30 am</p> |
| | <p><u>MUSIC GROUP:</u> with Ken Urquhart</p> <p><u>Description:</u> This activity is designed primarily for those who have their own instrument(s) and have played music previously. - Woodwind and brass players would be most welcome. - An ability to read music would be an advantage but not essential. - The primary aim of this activity is about having fun playing music with others. - This is not a teaching class.</p> | | <p>Wednesdays 1:30 pm to 3:15 pm</p> <p>Venue is Port Franklin Hall</p> <p>Requirements: You will need to have your own instrument and a music stand</p> |
| | <p><u>SINGING FOR PLEASURE</u> - with Francesca Dickinson</p> <p><u>Description:</u> Here we have an opportunity to sing, have fun and share knowledge. The Port Franklin hall has great acoustics and an in-tune piano. Francesca is looking forward to hearing your voices and experiencing the joy of song together.</p> | <p>Port Franklin Hall</p> | <p>Tuesdays 10:30 to 12:00 noon</p> |
| | <p><u>UKE3A FOR THE MORE EXPERIENCED PLAYER</u> - with Arie Bos</p> <p><u>Description:</u> This is a gathering of the more experienced Uke players. Attendees need their own Uke, a tuner and a sense of humour.</p> | <p>U3A Prom Coast Learning Centre</p> | <p>Wednesdays 12:00 noon to 1:45 pm</p> |

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| MUSIC | <p><u>UKE3A-BEGINNERS CLASS</u> - with Ros and Jonno Wathan</p> <p><u>Description:</u> Would you like to play ukulele but aren't confident to join a group?</p> <p>This class is for absolute beginners and will get you on your way towards playing with others.</p> <p>It's a ten-week sequential program, which will teach you to:</p> <ul style="list-style-type: none"> * hold your ukulele correctly * read chord charts * strum your ukulele * play simple chords * put these skills together to play simple songs <p>Requirements: a ukulele and also a tuner, if you have one.</p> | U3A Prom Coast Learning Centre | Tuesdays 4:30 pm |
| PHOTOGRAPHY | <p><u>SMART PHONE PHOTOGRAPHY</u> with Simon Shee</p> <p><u>Description:</u></p> <p>This course is presented as a number of videos on DVD. These videos explain the principles of photography in relationship to your phone. You will learn some of the basic buttons and tools, but the course focuses primarily on the concepts behind better photography.</p> <p>No matter what phone you happen to have, you will be able to take better photographs if you understand these principles.</p> | <p>Venue is U3A Prom Coast Learning Centre</p> <p>Thursdays 12:00 noon to 1:30 pm</p> <p>Start date to be confirmed</p> | |

| Page 12 | Subject | Venue | Dates and Times |
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| SCIENCE Open to all members, join in at anytime | <p><u>OCEANOGRAPHY: Exploring Earths Final Wilderness (continuing):</u> Facilitator is Simon Shee</p> <p><u>Description:</u> Explore earths single truly unique, defining feature that is the ocean of salty water covering most of its solid surface to depths of thousands of metres. The ocean is a rich and diverse environment that has cradled the development and evolution of life and contrives to control the climate and distribution of heat energy on the planet while hosting vast resources. Its watery mysteries have only just begun to be explored and it remains a great research frontier incorporating all the physical, chemical, geological and biological sciences.</p> | | <p>U3A Prom Coast Learning Centre</p> <p>Thursdays 12:00 noon to 1:30 pm</p> |
| | <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. New players most welcome.</p> <p>There is a cost for this activity</p> | <p>Welshpool Golf Course</p> | <p>Tuesdays 10:00 am hit off</p> |
| SPORT & EXERCISE | <p><u>PICKLE BALL:</u> with Chris Pappas and Lyn Fillmore</p> <p><u>Description:</u> A mixture of tennis, badminton and ping-pong. Have fun learning this game together, singles or doubles. Numbers limited-enrol asap</p> | <p>Foster Basketball Stadium</p> <p>Appropriate footwear must be worn e.g. sneakers</p> | <p>Fridays 5:00 pm to 7:00 pm</p> |

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| SPORT AND EXERCISE | <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. <i>Appropriate footwear must be worn</i></p> | <p>FWMAC Hall Supper Room Foster</p> | <p>Wednesdays 1:45 pm to 3:15 pm</p> |
| | <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>IMPORTANT Please be sure to mark your Enrolment Form with the correct information, to be sure you are enrolled in the correct Tai Chi class.</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> |