

**U3A Prom Coast  
Term 2, 2024 Course List  
15th April to 28th June 2024**

<b>Page 1</b>	<b>Subject</b>	<b>Venue</b>	<b>Dates and Times</b>
<b>ART &amp; CRAFT</b>	<p><u>ART CLASS</u> - with Fleur Wheeler</p> <p><u>Description:</u> Fleur's popular art class continues in 2024. 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>CALLIGRAPHY</u> - with Jenefer Chitty &amp; Alayne McKenzie</p> <p><u>Description:</u> Open to all - beginners &amp; 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 24th June 12:00 noon to 3:00 pm</p>
	<p><u>HANDMADE SOAP FOR BEGINNERS</u> - with Ros Wathen</p> <p><u>Description:</u> Learn to make all-natural soap from scratch. One batch of this soap is enough to clean your clothes and your house for months, and will cost you under \$10.</p> <p>Also included is a recipe and method for making luxurious hand and body soap from all-natural ingredients.</p>	<p>U3A Prom Coast Learning Centre</p>	<p>Tuesday 18th June  1:00 pm to 5:00 pm</p>

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<b>ART &amp; CRAFT</b>	<p><u>MOSAICS</u> - with 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
	<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>	U3A Prom Coast Learning Centre	Fridays 2:30 pm to 4:00 pm
<b>BOARD GAMES</b>	<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 3:00 pm to 5:00 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 12:15 pm

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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
	<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>		
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 in Leongatha</p> <p><u>Description:</u> Traditional dances from around the world, danced in a circle with a friendly group of women and men. Fast &amp; slow dances make circle dancing fun and great exercise to beautiful music.</p>		

Page 4	Subject		Venue/Dates & Times
DANCE	<u>ROCK &amp; ROLL</u> - facilitator is Alison Shields <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.		Wednesdays 3:30 pm to 5:00 pm Port Franklin Hall Tutors: Noel & Amanda New members welcome
	<u>DANCING FOR EXERCISE</u> - with Tania Bird <u>Description:</u> Dancing to the music of the 60's an 70's. Easy step by step learning. All welcome.	Port Franklin Hall	Mondays 10:00 am to 11:00 am
FOOD	<u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore <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.		Thursday 23rd May_12:30 pm Koonwarra General Store ----- 27th June_12:30 pm Gurneys Cidery
GARDENING	<p align="center"> <b><u>UP THE GARDEN PATH</u> - with Arie Bos &amp; Lyn Fillmore</b> - Visit a garden for a walk &amp; a chat - stay on for morning tea.  <b>Thursdays - 10:00 am at the garden</b></p> <p align="center"> <b>18th April - Allan &amp; Joyce Locke, Nippards Track, Foster</b>            -----  <b>16th May - Anne Crawford, 335 Hazel Park Road, Welshpool</b>            -----  <b>20th June - Jennie &amp; Brad Hawkins, Soldiers Road, Fish Creek - A very productive garden</b> </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>	<p>Manna Gum Community House</p>	<p>Fridays</p> <p>2:00 pm to 4:00 pm</p>
GUEST SPEAKER SESSIONS	<p><u>GUEST SPEAKER SESSIONS</u> - Fridays 1:00 pm to 2:15 pm</p> <p><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.</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><b>26th April - Simon Shee</b></p> <p><b>Talk &amp; slide show on Travels to Zambia.</b></p> <p><b>Zambia</b>, in southern Africa, is a landlocked country of rugged terrain and diverse wildlife, with many parks and safari areas. On its border with Zimbabwe, is famed Victoria Falls – indigenously called Mosi-oa-Tunya, or "Smoke That Thunders" – plunging a misty 108m into narrow Batoka Gorge. Spanning the Zambezi River just below the falls is Victoria Falls Bridge, a spectacular viewpoint.</p> <p>-----</p> <p><b>2 more sessions for the term to be confirmed</b></p>	

Page 6	Subject	Venue	Dates and Times
<b>HISTORY</b>	<b>History DVD classes are open to all members. You can join in at any time</b>		
	<p><u>A HISTORY OF INDIA</u> with Prof. Michael H Fisher Facilitator is Jeff Montague</p> <p><u>Description:</u> Covering the past 5000 years of the Indian sub-continent this course explores the complex aspects of waves of immigration, cultures, religions and politics, moving into the twenty first century of this fascinating and geographically diverse land.</p>	U3A Prom Coast Learning Centre	Thursdays  10:00 am to 11:30 am
	<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>	U3A Prom Coast Learning Centre	Tuesdays 12:00 noon to 1:20 pm  Commencing 27th February
<b>LANGUAGE</b>	<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) covers the joys of plain English, as well as some of its quirks and richness.</p>		Tuesdays 3:15 pm to 4:15 pm  Venue is: U3A Prom Coast Learning Centre

Page 7	Subject	Venue	Dates and Times
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 &amp; 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 &amp; Discussion; Monologue            Individual input, eg: delivery of a talk on topics of interest  <b>NB: <i>New members to be approved by tutor.</i></b></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  18th April 30th May

Page 8	Subject	Venue	Dates and Times
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>15th; 29th April 13th; 27th May 10th; 24th June</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><b>Movie &amp; Meal at your own expense</b></p>	<p>Stadium 4 Cinema Leongatha Refreshments and discussion</p>	<p>Fridays - Monthly</p> <p>19th April 17th May 21st June</p>
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, coordination skills and senses as well as full enjoyment and appreciation of the violin repertoire. Cello and viola players welcome.</p>	U3A Prom Coast Learning Centre	<p>Tuesdays 8:15 am to 9:30 am</p>



Page 9	Subject	Venue	Dates and Times
<b>MUSIC</b>	<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.</p> <ul style="list-style-type: none"> <li>- Woodwind and brass players would be most welcome.</li> <li>- An ability to read music would be an advantage but not essential.</li> <li>- The aim of this activity is to have fun playing music with others.</li> </ul> <p><b>This is not a teaching class.</b></p>		<p style="text-align: center;">Wednesdays 1:30 pm to 3:15 pm</p> <p style="text-align: center;">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</u> - with Arie Bos</p> <p><u>Description</u>: This is a gathering of Ukelele players, enjoying music together.</p> <p>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>

Page 10	Subject	Venue	Dates and Times
<b>SCIENCE</b> 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>PICKLE BALL:</u> with Chris Pappas and Lyn Fillmore</p> <p><u>Description:</u>            A mixture of tennis, badminton and ping-pong.</p> <p>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</p> <p>19/4 - 1:00 pm to 3:00 pm</p> <p>From 26/4 onwards            5:00 pm to 7:00 pm</p>
<b>SPORT &amp; EXERCISE</b>			
	<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</p> <p>1:45 pm to 3:15 pm</p>

Page 11	Subject	Venue	Dates and Times
<b>SPORT AND EXERCISE</b>	<p>Once again we are running <b>five (5) Tai Chi Classes</b> 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><b>IMPORTANT</b>  <b>Please be sure to mark your Enrolment Form with the correct information, to be sure you are enrolled in the correct Tai Chi class.</b></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 qigong exercises.</p>	<p>Dakers Centre Leongatha</p>	<p>Thursdays  10:45 am</p>

Page 12	Subject	Venue	Dates and Times
<b>SPORT AND EXERCISE</b>	<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><b>This is not a teaching class.</b></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>