

**U3A Prom Coast
Term 3, 2024 Course List
15th July to 20th September 2024**

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<p><u>FLEURS ART CLASS</u></p> <p><u>Description:</u> Fleurs art class will continue without Fleur this term. The space will remain available to the core group who have continued over the past years. No new members to this class for Term 3.</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 & Alayne McKenzie</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 9th September 12:00 noon to 3:00 pm</p>
	<p><u>MOSAICS</u> - with Maggie Daniels</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>	<p>Foster Scout Hall</p>	<p>Thursdays 1:00 pm to 3:00 pm</p>

Page 2	Subject	Venue	Dates and Times
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 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.</p> <p>New members welcome.</p>	Foster Golf Club	Tuesdays 10:30 am to 12:15 pm
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>	U3A Prom Coast Learning Centre	Wednesdays 2:00 pm to 3:30 pm
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

Page 3	Subject		Venue/Dates & Times
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 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 & 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>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>Wednesdays 3:30 pm to 5:00 pm Port Franklin Hall Tutors: Noel & Amanda 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 and 70's. Easy step by step learning. New members welcome.</p>	<p>FWMAC Main Hall Foster</p>	<p>Mondays 10:00 am to 11:15 am</p>

Page 4	Subject	Venue	Dates and Times
DVD SESSIONS	<p><u>A HISTORY OF INDIA</u> with Simon Shee</p> <p><u>Description:</u> Continuing from previous term 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 21st century</p>	U3A Prom Coast Learning Centre	<p>Thursdays</p> <p>10:00 am to 11:30 am</p>
	<p><u>THE AFRICAN EXPERIENCE</u> - cont - 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	<p>Tuesdays</p> <p>12:00 noon to 1:20 pm</p> <p>Commencing 27th February</p>
	<p><u>WHY INSECTS MATTER</u> - Earths Most Essential Species - Facilitator is Fred Weight</p> <p><u>Description:</u> Life as you know it would not be possible without insects. This course introduces you to the many unappreciated, fascinating and wholly relevant aspects of the world of insects. It will take you from insects that you encounter every day, to those that are of great benefit to humanity and on to those that are not. You will see the diverse ways in which insects make an impact. There are beneficial insects, like bees and silkworms and destructive ones, like boll weevils, locusts and fleas that spread the black death. Whatever the impact, it remains that the world must have this essential species.</p>		<p>Tuesdays</p> <p>12:00 noon to 1:20 pm</p> <p>Commencement date tbc</p> <p>U3A Prom Coast Learning Centre</p>

Page 5	Subject	Venue	Dates and Times
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>	Venues to be confirmed	<p>Thursdays</p> <p>25th July 22nd August</p>
GARDENING	<p><u>UP THE GARDEN PATH</u> - with Arie Bos & Lyn Fillmore</p> <p>Visit a garden for a walk & a chat - stay on for morning tea.</p>	Garden Venues to be confirmed	<p>Thursdays - 10:00 am at the garden</p> <p>18th July 15th August 19th September</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	<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>No Guest Speakers booked for Term 3.</p> <p>But its not too late, if you have one in mind, let us know.</p>	

Page 6	Subject	Venue	Dates and Times
LANGUAGE	<u>BEGINNERS FRENCH</u> - Daniele Chamley <u>Description:</u> Basic French Vocabulary and sentences for specific situations: Introducing yourself; Negotiating; Games; Songs; Likes & Dislikes; Complaining: eg unsatisfactory purchase; etc	U3A Prom Coast Learning Centre	Tuesdays 1:30 pm to 3:00 pm
	<u>INTERMEDIATE FRENCH</u> - with Daniele Chamley <u>Description:</u> - Extended vocabulary for: Conversation; Role Play - Films (with sub-titles) -Trivia; Camps; Songs; Individual input.	U3A Prom Coast Learning Centre	Mondays 1:00 pm to 3:00 pm
	<u>ADVANCED FRENCH</u> - with Daniele Chamley <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	U3A Prom Coast Learning Centre	Wednesdays 9:45 am to 11:45 am
LITERATURE	<u>BOOK CLUB</u> - with Anne McNess <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.	U3A Prom Coast Learning Centre	Thursdays 2:00 pm 18th July 15th August 12th September

Page 7	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>	U3A Prom Coast Learning Centre	<p style="color: red;">Alternate Mondays 10:00 am to 11:00 am 15th; 29th July 12th; 26th August 9th September</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 at your own expense</p>	Stadium 4 Cinema Leongatha Refreshments and discussion	<p>Fridays - Monthly</p> <p>19th July 16th August 20th September</p>
MUSIC	<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 aim of this activity is to have fun playing music with others. This is not a teaching class.</p>	<p>Wednesdays 1:30 pm to 3:00 pm</p> <p>Venue is Foster Scout Hall</p> <p>Requirements: You will need to have your own instrument and a music stand</p>	

Page 8	Subject	Venue	Dates and Times
MUSIC	<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>	Port Franklin Hall	Tuesdays 10:30 to 12:00 noon
	<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>	U3A Prom Coast Learning Centre	Wednesdays 12:00 noon to 1:45 pm
SCIENCE	<p><u>OCEANOGRAPHY: Exploring Earths Final Wilderness</u> - continuing 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.</p>		U3A Prom Coast Learning Centre Thursdays 12:00 noon to 1:30 pm

Page 9	Subject	Venue	Dates and Times
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.</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>5:00 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><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>
	<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.</p> <p>Beginners Welcome</p>	<p>FWMAC Auditorium Foster</p>	<p>Mondays</p> <p>11:15 am to 12:00 noon Beginners Welcome</p>

Subject

Venue

Dates and Times

SPORT AND EXERCISE

TAI CHI - with Jan Power and Joan Thomas

Description:

A beginners class with Jan and Joan focussing on Beijing 24, Lohan and The Lotus forms.

Tai Chi is an experience - a way of life - Exercising the Mind - Soul, Breath and Balance - a state of oneness.

Uniting Church Hall
Foster

mondays

10:30 am to 11:30 am

These exercises do help with your breathing and balance.

TAI CHI - with Pauline Cliff

Description:

A fun, relaxing session for those who have a knowledge of tai chi moves.

Community Health
Centre
Foster

Wednesdays

10:00 am to 11:00 am

This is not a teaching class

TAI CHI for BEGINNERS - with Tania Bird

Description:

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.

Dakers Centre
Leongatha

Thursdays

9:45 am

TAI CHI CONTINUING - with Tania Bird

Description:

For students with some experience of tai chi. We further explore Yang and Sun style forms as well as continuing quigong exercises.

Dakers Centre
Leongatha

Thursdays

10:45 am