

**U3A Prom Coast
Term 1, 2025 Course List
29th January to 4th April 2025**

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<p><u>ART</u> - there is no teacher assigned to this class <u>Description:</u> A space will remain available for artists to continue with their art projects.</p>	U3A Prom Coast Learning Centre	Tuesdays 9:45 am to 11:45 am
	<p><u>CALLIGRAPHY</u> - with Jenefer Chitty & Alayne McKenzie <u>Description:</u> Open to all - beginners & those with experience. There is a cost to members joining this activity for the first time.</p>	Foster RSL Club Rooms	This class is run once per term Date to be confirmed 12:00 noon to 3:00 pm
	<p><u>MOSAICS</u> - with Maggie Daniels <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 4:00 pm
	<p><u>WATERCOLORS WITH MARY</u> - with Mary Shaw <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>		Fridays 1:30 pm to 3:30 pm U3A Prom Coast Learning Centre

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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. <i>New members are welcome</i> 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 12:15 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
COMPUTERS AND TECHNOLOGY	<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>		Fridays 10:00 am to 1:00 pm U3A Prom Coast Learning Centre
	<p><u>TECH CAFE</u> - with Neil Shaw</p> <p><u>Description:</u> Do you need some assistance with anything “Technical” on your computer, phone or other device? Come to the U3A Learning Centre Office. Neil will work with you, in a one on one capacity, helping you solve or resolve any technical issues.</p>	U3A Prom Coast Learning Centre Office	Monday from 1:30 to 4:30 pm

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>The current dancers wish to invite those who are unable to participate in our usual Dance Circle to a reunion session the first Wednesday of the month. This will include very easy dances of their choice, or a chance to sit and listen to the music and renew the close friendship connections we have had for many years. First re-union session will be 5th February, from 11:00 am to 11:30 am. This half hour session would also suit any Circle Dance beginners.</p>		<p style="text-align: center;">FWMAC Hall Supper Room Foster</p> <p style="text-align: center;">Wednesdays 10:15 am to 11:30 am</p> <p style="text-align: center;">New members welcome</p> <p style="text-align: center;">Commences 29th January</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 style="text-align: center;">Thursdays 11:45 am</p> <p style="text-align: center;">New members welcome</p> <p style="text-align: center;">Commences 13th February</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>New members welcome.</p>		<p style="text-align: center;">Tuesdays Beginners 3:00 pm then 3:30 pm to 5:00 pm</p> <p style="text-align: center;">Port Franklin Hall Tutors: Noel & Amanda</p>

Page 4	Subject	Venue	Dates and Times
DANCE	<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 commencing 10th February</p>
	DVD SESSIONS	<p><u>A HISTORY OF EASTERN EUROPE</u> with Simon Shee</p> <p><u>Description:</u> In spite of its strategically vital geopolitical location, that region of Europe which stretches from the Baltic states and Poland to Bulgaria, is often less known and regarded as the "Other Europe".</p> <p>This 12 week course provides an in-depth treatment of political, social and cultural history, and illuminates why Eastern Europe has become associated with unwelcome stereotypes of instability, backwardness, Balkanisation and even lack of civilisation.</p>	<p>U3A Prom Coast Learning Centre</p> <p>Our DVD classes are designed to watch the DVD followed by discussion. All members welcome at any time. You don't have to commit to each week.</p>
<p><u>CRIMES OF THE CENTURY: A selective history of infamy</u> Facilitator is Fred Weight</p> <p><u>Description:</u> Murder mysteries are a staple of popular interest and intrigue. This course explores in an entertaining way, 10 sensational homicides of the last century, which have captured worldwide headlines and speculation.</p>		<p>Thursdays 12:00 noon to 1:20 pm Commencing 30th January</p>	
<p><u>THE SEARCH FOR CLIMATE INNOVATIION:</u>Facilitator is Fred Weight</p> <p><u>Description:</u> As humanity faces one of its greatest challenges, it is the consensus of scientists that we need to lower greenhouse gas emissions effectively to zero</p>		<p>Thursdays 12:00 noon to 1:20 pm Commencing 6th March</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 somewhere different for each meal, once a month. Lets have a discussion on a country's culture and cuisine, over lunch.</p>		<p>Thursdays - 12:30 pm</p> <p>27th February - Port Albert Fish n Chips - Dine in</p> <p>27th March - Ned Neales Lookout, Sandy Point BYO Lunch to this one</p>
	<p><u>INTRODUCTION TO WINE APPRECIATION</u> with Vivienne McDonald</p> <p><u>Description:</u> This class is for the novice who would like to learn more about wine. Each month, participants will blind taste three wines of the same variety, complimented by a matching cheese/s. Participants will then try to determine the region or country of origin of the wine based on the wine's characteristics.</p> <p><u>Cost:</u> In order to cover the cost of the wine and cheese, participants are required to pay \$10 per class (non-refundable), payable in advance.</p>		<p>U3A Prom Coast Learning Centre</p> <p>Monthly, 1st Friday of the month 4:00 pm to 5:30 pm</p> <p>Commencing Friday 1st February</p>
	<p><u>A LAZY FRIDAY LUNCH</u> - with Kerry Hill</p> <p><u>Description:</u> A monthly get together for a Friday lunch. No agenda, just a leisurely day out.</p> <p>We will try a different venue each month.</p> <p>All members are welcome.</p>	<p>Various lunch venues</p>	<p>Our first lunch will be Friday 7th February at the Rusty Gurnard The re-furbished Port Welshpool pub</p>

Page 6	Subject	Venue	Dates and Times
GARDENING	<u>UP THE GARDEN PATH</u> - with Arie Bos & Lyn Fillmore Visit a garden for a walk & a chat - stay on for morning tea. Car pooling from Museum Carpark, Foster.		Thursdays - 10:00 am 20th Feb - Vivienne McDonalds garden - 100 Dahlia's 20th March - Tom Reaks garden - Yarram
	GROUP CHAT		<u>CURRENT AFFAIRS</u> - facilitator is Simon Shee Interactive group discussion on current topics in the media. Listening to the views of others and contributing your own opinions.
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 1:45 pm to 3:15 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

Page 7	Subject	Venue	Dates and Times
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)</p> <p>Members of this group are to read the book then join together for a discussion at each monthly meeting.</p>	<p>U3A Prom Coast Learning Centre</p> <p><u>We welcome new members to our Book Club</u></p>	<p>Thursdays 2:00 pm</p> <p>6th February 6th March 3rd April</p>
	<p><u>HUMOROUS LITERATURE</u> - with Jill Wilson</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>	<p>U3A Prom Coast Learning Centre</p>	<p>Alternate Mondays 10:00 am to 11:00 am</p> <p>3rd & 17th February 3rd, 17th & 31st 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>Movie & Meal at your own expense</p>	<p>Stadium 4 Cinema Leongatha Refreshments and discussion</p>	<p>Fridays - Monthly</p> <p>21st February 21st March</p>

Page 8	Subject	Venue	Dates and Times
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? This class is for absolute beginners and will get you on your way towards playing with others. 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>	<p>U3A Prom Coast Learning Centre</p> <p>This class runs with 10 specific lessons, therefore late comers will not be accepted.</p>	<p style="text-align: center;">Tuesdays 12:30 pm to 1:30 pm</p>
	<p><u>FOSTER U3A CONCERT BAND:</u> with Ken Urquhart</p> <p><u>Description:</u> The band is designed for people who can read music. We will play a wide range of popular music from different genres. Our band is predominately instrumental. The main focus of this band is to have fun playing music for pleasure. Participants will be required to supply their own instrument and music stand. Singers will be required on request. This is not a teaching class.</p>		<p style="text-align: center;">Wednesdays arrive 1:45 pm for a 2:00 pm start finish 3:00 pm</p> <p style="text-align: center;">Venue is Foster Scout Hall</p> <p style="text-align: center;">Requirements: You will need to have your own instrument and a music stand</p>

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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 Dave Martin</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
SPORT	<p><u>STROLL AROUND TOWN</u> - with Chris Kemper</p> <p><u>Description:</u> Get to know your neighbourhood with a walk each month exploring the streets and byways of Foster. Meet in front of Foster Museum, 9:30 am, 1st Wednesday of the month.</p>	Stroll around Foster town	First Wednesday of each month 9:30 am 5th February 5th March
	<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>	Foster Basketball Stadium Appropriate footwear must be worn e.g. sneakers	Fridays 1:00 pm to 3:00 pm Commences 31st January

PAGE 10	Subject	Venue	Dates and Times
SPORT & 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.</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>Commences 29th January</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>FWMAC Auditorium Foster</p>	<p>Mondays</p> <p>11:15 am to 12:00 noon</p> <p>Commences 10th February</p>
	<p><u>TAI CHI</u> - with Jan Power and Joan Thomas</p> <p><u>Description:</u> A beginners class with Jan and Joan 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>Uniting Church Hall Foster</p>	<p>Mondays</p> <p>10:30 am to 11:30 am</p> <p>These exercises do help with your breathing and balance.</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>Community Health Centre Foster</p>	<p>Wednesdays</p> <p>10:00 am to 11:00 am</p> <p>This is not a teaching class</p>

PAGE 11	Subject	Venue	Dates and Times
SPORT & EXERCISE	<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>	Dakers Centre Leongatha	Thursdays 9:45 am
	<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>	Dakers Centre Leongatha	Thursdays 10:45 am
GUEST SPEAKER	<p><u>GUEST SPEAKER SESSIONS</u> will be held throughout the term.</p> <p>We will have subjects such as:</p> <ul style="list-style-type: none"> - Bee Keeping; - Xavier from our local Prom Health clinic; - and someone from our local Council discussing Recycling. <p>You will be notified when the sessions will be held. No need to mark on your enrolment form.</p>	U3A Prom Coast Learning Centre	Thursdays 2:00 pm
	<p><u>HEALING OURSELVES AND OUR PLANET</u> - a weekly zoom class run by Dr John Beaney. This is a self run class via Zoom. For more details contact a committee member.</p>		