

**U3A Prom Coast
Term 2, 2025 Course List
22nd April to 4th July 2025**

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<u>ART with Fleur Wheeler</u> Description: Fleur's popular art class continues. Fleur has a wealth of art knowledge she is happy and willing to share.	U3A Prom Coast Learning Centre	Tuesdays 9:45 am to 11:45 am
	<u>CALLIGRAPHY - with Jenefer Chitty & Alayne McKenzie</u> Description: Open to all - beginners & those with experience. There is a cost to members joining this activity for the first time.	Foster RSL Club Rooms	This class is run once per term Monday 5th May 12:00 noon to 3:00 pm
	<u>MOSAICS - with Maggie Daniels</u> Description: 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.	Foster Scout Hall	Thursdays 1:00 pm to 4:00 pm
	<u>WATERCOLORS WITH MARY - with Mary Shaw</u> Description: 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.		Fridays 1:30 pm to 3:30 pm U3A Prom Coast Learning Centre

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. <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 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
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 Commencing 30th April
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>New members welcome</p>		<p>FWMAC Hall Supper Room</p> <p>Wednesdays 10:15 am to 11:30 am</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>Tuesdays Beginners 3:00 pm then 3:30 pm to 5:00 pm</p> <p>Port Franklin Hall Tutors: Noel & Amanda</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
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>This class will only run if 5 or more members enrol.</p>		<p>U3A Prom Coast Learning Centre</p> <p>Mondays</p> <p>3:15 pm to 4:30 pm</p>
DVD SESSION	<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>Thursdays</p> <p>10:00 am to 11:30 am</p> <p>Following on from Term 1</p>

Page 5	Subject	Venue	Dates and Times
DVD SESSION	<p><u>Living the French Revolution and the Age of Napoleon</u> - Facilitator is Simon Shee</p> <p><u>Description:</u></p> <p>The 25 years between the onset of the French Revolution in 1789 and the Bourbon Restoration after Napoleon in 1814 is an astonishing period in world history. This era shook the foundations of the old world and marked a permanent shift for politics, religion, and society—not just for France, but for all of Europe.</p> <ul style="list-style-type: none"> • France's oppressed and hungry masses rise up against their government. • In Paris, crowds storm the Bastille looking for bread and weaponry. • Rumours, panic, and fear grip the nation as it faces an uncertain future. • The National Assembly adopts the Declaration of the Rights of Man, the first bold step toward the invention of democratic politics and a republican state. • King Louis XVI and Marie-Antoinette try to flee the country under cover of darkness. • After the king's execution, the government takes emergency measures that lead to the Terror, when thousands will be put to death by the guillotine. • A young Corsican named Napoleon Bonaparte stuns Europe with his military strategy and political boldness. • At the end of his empire, Napoleon escapes Elba to confront the Duke of Wellington at the famous Battle of Waterloo. 		<p style="text-align: center;">Venue is the U3A Prom Coast Learning Centre</p> <p style="text-align: center;">Thursdays 10:00 am to 11:30 am</p> <p style="text-align: center;">This DVD session will follow after "A History of Ancient Europe" has finished.</p> <p style="text-align: center;">Commencement date will be advised</p>

Page 6	Subject	Venue	Dates and Times
DVD SESSION	<p><u>A HISTORY OF ENGLAND FROM THE TUDORS TO THE STUARTS</u> Facilitator is Fred Weight <u>Description:</u> This course will survey the history of England during the early modern period, from 1485 to 1714. During this time, England transformed itself from a feudal and relatively minor European State, into a constitutional monarchy, the wealthiest nation on earth and what many historians have called the first modern society. We thoroughly recommend this course.</p>	U3A Prom Coast Learning Centre	Thursdays 12:00 noon to 1:30 pm
	<p><u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore <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>	Thursdays 29th May - Panjabi Pantry, Indian, Leongatha 12:00 noon 26th June - Welshpool Hotel Bistro, 12:30 pm	
FOOD	<p><u>A LAZY FRIDAY LUNCH</u> - with Kerry Hill <u>Description:</u> A monthly get together for a Friday lunch. No agenda, just a leisurely day out. We will try a different venue each month.</p>	Various lunch venues	Our first lunch for Term 2 will be May 2nd Venue revealed closer to the day

Page 7	Subject	Venue	Dates and Times
FOOD & DRINK	<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>Cost: In order to cover the cost of the wine and cheese, participants are required to pay \$10 per class (non-refundable), payable in advance for the full term.</p>		<p style="text-align: center;">U3A Prom Coast Learning Centre</p> <p>Monthly, Last Friday of the month 4:00 pm to 5:30 pm</p> <p style="text-align: center;">Commencing Thursday 24th April due to Friday being Anzac Day</p>
GARDEN	<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> <p>Car pooling from Museum Carpark, Foster.</p>		<p style="text-align: center;">Thursdays - 10:00 am</p> <p>24th April-Buckley Park Community Garden, Fish Creek</p> <p style="text-align: center;">15th May - Linda Giddy's garden - Foster North</p> <p style="text-align: center;">19th June - Faye Taylor and Mumfords gardens Won Wron</p>
GROUP CHAT	<p><u>CURRENT AFFAIRS</u> - facilitator is Simon Shee</p> <p>Interactive group discussion on current topics in the media. Listening to the views of others and contributing your own opinions.</p>	<p style="text-align: center;">Manna Gum Community House</p>	<p style="text-align: center;">Fridays</p> <p style="text-align: center;">2:00 pm to 4:00 pm</p>

Page 8	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 1:45 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
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 We welcome new members to our Book Club	Thursdays 2:00 pm 1st May 5th June 3rd July

Page 9	Subject	Venue	Dates and Times
LITERATURE	<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>	U3A Prom Coast Learning Centre	<p>Alternate Mondays 10:00 am to 11:00 am</p> <p>28th April 12th, 26th May 23rd 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>Movie & Meal at your own expense</p>	Stadium 4 Cinema Leongatha Refreshments and discussion	<p>Fridays - Monthly</p> <p>16th May 20th June</p>
MUSIC	<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>Wednesdays arrive 1:45 pm for a 2:00 pm start finish 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 10	Subject	Venue	Dates and Times
MORE 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 AND EXERCISE	<p><u>STROLL AROUND TOWN</u> - with Chris Kemper</p> <p><u>Description:</u> Get to know your neighbourhood with a walk exploring the streets and byways of Foster. Meet in front of Foster Museum, 9:30 am.</p>	Stroll around Foster town	Wednesday 7th May 9:30 am
	<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 5:00 pm to 7:00 pm Commences 2nd May

PAGE 11	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 23rd April</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><u>TAI CHI</u> - with 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 12	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 qigong 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>22nd May - Bee Keeping with Anna Jones</p> <p>29th May - Xavier, Osteopath from Prom Health - Foster</p>	U3A Prom Coast Learning Centre	Thursdays 2:00 pm