

U3A Prom Coast
Term 3, 2025 Course List
21st July to 19th September 2025

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<u>ART with Fleur Wheeler</u> <u>Description:</u> 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 12:00 noon
	<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.	Foster RSL Club Rooms	This class is run once per term Monday 18th August 12:00 noon to 3:00 pm
	<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.	Foster Scout Hall	Thursdays 10:30 pm to 12:30 pm
	<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.		Fridays 1:30 pm to 3:30 pm U3A Prom Coast Learning Centre

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BOARD GAMES	<u>MAH-JONG</u> - with Jenny Weimer <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.	Foster RSL Club Rooms	Tuesdays 3:00 pm to 5:00 pm
	<u>SCRABBLE</u> - with Pixie Jones <u>Description:</u> Enjoy a social game of scrabble. New members welcome.	Foster Golf Club	Tuesdays 10:30 am to 12:15 pm
BRAIN TEASERS	<u>SOLVING CRYPTIC CROSSWORDS</u> - with Diana Zlatic <u>Description:</u> Learning to think the way that Cryptic people think is the challenge.	U3A Prom Coast Learning Centre	Wednesdays 2:00 pm to 3:30 pm
COMPUTERS AND TECHNOLOGY	<u>COMPUTING FOR BEGINNERS</u> - with Peter Wingett <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.		Fridays 10:00 am to 1:00 pm U3A Prom Coast Learning Centre
DANCE	<u>CIRCLE DANCING</u> - with Tania Bird in Leongatha <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.	Dakers Centre Leongatha	Thursdays 11:45 am New members welcome

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DANCE	<p><u>CIRCLE DANCING</u> - with Lois Frankland and Karin Ruff</p> <p><u>Description:</u> All around the world in towns and cities, local men and women gather together and dance in a circle for the sheer fun of it and a sense of being part of a community. They dance to experience the dances of their ancestors or recently choreographed dances from all over the world.</p> <p>We dance in a circle so no partners are required. There are many YouTube sites on the internet that explain what circle dancing is all about. Come join us to experience the joys of circle dance and learn dances from all around the world.</p> <p>New members welcome</p>		<p>FWMAC Hall Supper Room</p> <p>Wednesdays 10:15 am to 11:30 am</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>
	<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>

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DVD SESSION	<p><u>Living the French Revolution and the Age of Napoleon</u></p> <p>- 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>Venue is the U3A Prom Coast Learning Centre</p> <p>Thursdays 10:00 am to 11:30 am</p> <p>Members are welcome to join this group at any time. The kettle is on and refreshments are available.</p>

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DVD SESSION	<p><u>A HISTORY OF ENGLAND FROM THE TUDORS TO THE STUARTS</u> Facilitator is Fred Weight</p> <p><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.</p>	U3A Prom Coast Learning Centre	<p>Thursdays 12:00 noon to 1:30 pm</p> <p>Members are welcome to join this group at any time. The kettle is on and refreshments are available.</p>
FOOD	<p><u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore</p> <p><u>Description:</u> We will go somewhere different for each meal, once a month.</p> <p>Lets have a discussion on a country's culture and cuisine, over lunch.</p>	<p>Thursdays</p> <p>31st July - The Coterie - Japanese</p> <p>28th August - Tarwin Lower Hotel</p>	
	<p><u>A LAZY FRIDAY LUNCH</u> - with Chris Kemper</p> <p><u>Description:</u> A get together for a Friday lunch. No agenda, just a leisurely day out.</p> <p>We will try a different venue each month.</p>	Various lunch venues	<p>Term 3 Lunch will be Friday 5th September</p> <p>Venue revealed closer to the day</p>

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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>Thursdays - 10:00 am</p> <p>24th July - Bruce & Jan Bests garden - Foster 21st August - Sue Thompsons garden - Leongatha 18th September - Sue Halls garden - Tarra Valley - Trees & Camellias</p>	
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	<p>Tuesdays 1:45 pm to 3:15 pm</p>
	<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	<p>Mondays 1:00 pm to 3:00 pm</p>
	<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.</p>	U3A Prom Coast Learning Centre	<p>Wednesdays 9:45 am to 11:45 am</p>

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>We welcome new members to our Book Club</p>	<p>Thursdays 2:00 pm</p> <p>7th August 4th September</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>U3A Prom Coast Learning Centre</p>	<p>Alternate Mondays 10:00 am to 11:00 am</p> <p>21st July 4th, 18th August 1st, 15th 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>If you use the car pooling facility, please offer to take your turn to drive to Leongatha, if possible.</p> <p>Movie & Meal at your own expense</p>	<p>Stadium 4 Cinema Leongatha</p> <p>Refreshments and discussion</p>	<p>Fridays - Monthly</p> <p>15th August 19th September</p>

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MUSIC	<p><u>FOSTER U3A 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.</p> <p>Participants will be required to supply their own instrument and music stand.</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><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	<p>Tuesdays 10:30 to 12:00 noon</p>
	<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	<p>Wednesdays 12:00 noon to 1:45 pm</p>

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SPORT & EXERCISE	<u>PICKLE BALL:</u> with Chris Pappas and Lyn Fillmore <u>Description:</u> A mixture of tennis, badminton and ping-pong. Have fun learning this game together, singles or doubles. Numbers limited-enrol asap	Foster Basketball Stadium <i>Appropriate footwear must be worn</i> e.g. sneakers	Fridays 3:30 pm to 5:30 pm
	<u>TABLE TENNIS</u> - with Lyn Fillmore <u>Description:</u> Play the game! Enjoy some competition and learn some techniques from friends. <i>Appropriate footwear must be worn</i>	FWMAC Hall Supper Room Foster	Wednesdays 1:45 pm to 3:00 pm
	<u>TAI CHI</u> - with Tania Bird <u>Description:</u> Tai chi is gentle, slow exercise which tones and strengthens the body and improves balance. Beginners Welcome	FWMAC Auditorium Foster	Mondays 11:15 am to 12:00 noon
	<u>TAI CHI</u> - with Joan Thomas <u>Description:</u> A beginners class with 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.

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	<u>TAI CHI</u> - with Pauline Cliff <u>Description:</u> 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
SPORT & EXERCISE	<u>TAI CHI for BEGINNERS</u> - with Tania Bird <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.	Dakers Centre Leongatha	Thursdays 9:45 am
	<u>TAI CHI CONTINUING</u> - with Tania Bird <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.	Dakers Centre Leongatha	Thursdays 10:45 am
GUEST SPEAKER	<u>GUEST SPEAKER SESSION - 28th August - Bart Ruyter</u> Our resident walker, and taker of our Committee minutes, Bart will give a talk on the long walk he took in Portugal. The Way of St James - El Camino De Santiago The calling, the planning, and the journey. Bart walked 1,100kms in 31 days.	U3A Prom Coast Learning Centre	Thursday 28th August 2:00 pm Refreshments offered at our Guest Speaker sessions. The sessions are open to all members and the general public