

**U3A Prom Coast**  
**Term 4, 2025 Course List**  
**6th October to 19th December 2025**

| Page 1      | Subject   | Venue                          | Dates and Times  |
|-------------|---|--------------------------------|--|
| ART & CRAFT | <b><u>ART with Fleur Wheeler</u></b><br><br><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<br>9:45 am to 12:00 noon  |
|             | <b><u>CALLIGRAPHY</u></b> - with Jenefer Chitty & Alayne McKenzie<br><br><u>Description:</u><br>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<br>Monday 17th November<br>12:00 noon to 3:00 pm |
|             | <b><u>MOSAICS</u></b> - with Maggie Daniels<br><br><u>Description:</u><br>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<br>10:30 pm to 12:30 pm  |
|             | <b><u>WATERCOLORS WITH MARY</u></b> - with Mary Shaw<br><br><u>Description:</u><br>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<br>1:30 pm to 3:30 pm<br><br>U3A Prom Coast Learning Centre              |
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| Page 2                   | Subject   | Venue                          | Dates and Times   |
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| BOARD GAMES              | <b><u>MAH-JONG</u></b> - with Jenny Weimer<br><br><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<br>4:00 pm to 6:00 pm  |
|                          | <b><u>SCRABBLE</u></b> - with Pixie Jones<br><br><u>Description:</u> Enjoy a social game of scrabble. New members welcome.  | Foster Golf Club               | Tuesdays<br>10:30 am to 12:15 pm                                      |
| BRAIN TEASERS            | <b><u>SOLVING CRYPTIC CROSSWORDS</u></b> - with Diana Zlatic<br><br><u>Description:</u> Learning to think the way that Cryptic people think is the challenge.   | U3A Prom Coast Learning Centre | Wednesdays<br>2:00 pm to 3:30 pm                                      |
| CHRISTMAS CHEER          | <b><u>CHRISTMAS CHEER - COOKING AND DECORATIONS</u></b><br>- with Chris Kemper<br><br><u>Description:</u> Get into the Christmas Season by making decorations and cooking from different countries: Denmark; The Netherlands and Mexico. There is a cost for this activity.                                 | FWMAC Kitchen                  | 2 Hour Session<br><br>12th November<br>19th November<br>26th November |
| COMPUTERS AND TECHNOLOGY | <b><u>COMPUTING FOR BEGINNERS</u></b> - with Peter Wingett<br><br><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<br>10:00 am to 1:00 pm<br><br>U3A Prom Coast Learning Centre  |

| Page 3 | Subject   |                            | Venue/Dates & Times  |
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| DANCE  | <b><u>CIRCLE DANCING</u></b> - with Tania Bird in Leongatha<br><u>Description:</u><br>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<br>Leongatha | Thursdays<br>11:45 am<br>New members welcome                                       |
|        | <b><u>CIRCLE DANCING</u></b> - with Karin Ruff<br><u>Description:</u><br>Our dances are international folk dances danced in a circle, with no partner dances. Some are slower and some faster, some are ancient and were some choreographed more recently. The steps for each dance are demonstrated and revised before dancing to beautiful music.<br>Karin and the dance class members look forward to welcoming new members into the Circle in Term 4. |                            | FWMAC Hall<br>Supper Room<br><br>Wednesdays<br>9:30 am to 11:00 am                 |
|        | <b><u>DANCING FOR EXERCISE</u></b> - with Tania Bird<br><br><u>Description:</u> Dancing to the music of the 60's and 70's. Easy step by step learning. New members welcome.   | FWMAC Main Hall<br>Foster  | Mondays<br>10:00 am to 11:15 am  |
|        | <b><u>ROCK &amp; ROLL</u></b> - facilitator is Alison Shields<br><u>Description:</u> Tutors are Noel and Amanda<br>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.   |                            | Tuesdays<br>Beginners 3:00 pm<br>then 3:30 pm to 5:00 pm<br><br>Port Franklin Hall |

| Page 4      | Subject  | Venue | Dates and Times  |
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| DVD SESSION | <p><b><u>Living the French Revolution and the Age of Napoleon</u></b><br/>           - Facilitator is Simon Shee</p> <p><u>Description:</u><br/>           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"> <li>• France's oppressed and hungry masses rise up against their government.</li> <li>• In Paris, crowds storm the Bastille looking for bread and weaponry.</li> <li>• Rumours, panic, and fear grip the nation as it faces an uncertain future.</li> <li>• 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.</li> <li>• King Louis XVI and Marie-Antoinette try to flee the country under cover of darkness.</li> <li>• 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.</li> <li>• A young Corsican named Napoleon Bonaparte stuns Europe with his military strategy and political boldness.</li> <li>• At the end of his empire, Napoleon escapes Elba to confront the Duke of Wellington at the famous Battle of Waterloo.</li> </ul> |       | <p>Venue is the<br/>           U3A Prom Coast Learning<br/>           Centre</p> <p>Thursdays<br/>           10:00 am to 11:30 am</p> <p>Members are welcome to join<br/>           this group at any time. The<br/>           kettle is on and refreshments are<br/>           available.</p> |
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| Page 5      | Subject  | Venue   | Dates and Times  |
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| DVD SESSION | <b><u>A HISTORY OF ENGLAND FROM THE TUDORS TO THE STUARTS</u></b><br>Facilitator is Fred Weight<br><u>Description:</u><br>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.                                  | U3A Prom Coast Learning Centre  | Thursdays<br>12:00 noon to 1:30 pm<br><br>Members are welcome to join this group at any time. The kettle is on and refreshments are available. |
|             | <b><u>REDISCOVERING THE AGE OF DINOSAURS</u></b><br>Facilitator is Fred Weight<br><u>Description:</u><br>This is a great opportunity to embrace our enduring fascination with dinosaurs. While we all have some knowledge of dinosaurs, this course will take us through the history and science of how we came to know about dinosaurs, what we know now, and what we are learning. This course promises to be informative and exciting. Join with us and enjoy this fascinating history. | U3A Prom Coast Learning Centre  | Thursdays<br><br>Commencement day and time to be advised, and, at the conclusion of the French and English History courses.                    |
| FOOD        | <b><u>A LAZY FRIDAY LUNCH</u></b> - with Kerry Hill<br><br><u>Description:</u> A get together for a Friday lunch. No agenda, just a leisurely day out.   | Friday 7th November - Meeniyen Hotel<br><br>Friday 5th December - See below |  |

| Page 6     | Subject   | Venue   | Dates and Times                                      |
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| FOOD       | <b><u>CULTURES THROUGH CUISINE</u></b> - with Lyn Fillmore<br><br><u>Description:</u> We will go somewhere different for each meal, once a month.<br>Lets have a discussion on a country's culture and cuisine, over lunch.   | Thursday<br>23rd October - Gurneys Cidery<br><br>Friday - 5th December - see below  |  |
|            | <b><u>A LAZY FRIDAY LUNCH - AND CULTURES THROUGH CUISINE</u></b> will be combining for a December end of year event.<br><br><u>Description:</u> A get together for a Friday lunch. No agenda, just a leisurely day out.<br>Members who choose this combined event will be asked for a deposit closer to the date. | Waratah Hills Vineyard<br><br>20 Cottmans Road, Fish Creek  | Lunch will be<br>Friday 5th December<br><br>12:30 pm |
| GARDEN     | <b><u>UP THE GARDEN PATH</u></b> - with Arie Bos & Lyn Fillmore<br><br>Visit a garden for a walk & a chat - stay on for morning tea.<br><br>Car pooling from Museum Carpark, Foster.  | Thursdays - 10:00 am<br><br>16th October - Nadia Stefanis garden - Fish Creek<br>20th November - Jenny Rays garden - Foster Nth<br>18th December - A wander up Gibb Street, Foster ending at Chris & Harry's garden |  |
| GROUP CHAT | <b><u>CURRENT AFFAIRS</u></b> - facilitator is Simon Shee<br><br>Interactive group discussion on current topics in the media. Listening to the views of others and contributing your own opinions.  | Manna Gum Community House   | Fridays<br><br>2:00 pm to 4:00 pm                    |

| Page 7     | Subject  | Venue   | Dates and Times   |
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| LANGUAGE   | <b><u>BEGINNERS FRENCH</u></b> - Daniele Chamley<br><u>Description:</u><br>Basic French Vocabulary and sentences for specific situations:<br>Introducing yourself; Negotiating; Games; Songs; Likes & Dislikes; Complaining: eg unsatisfactory purchase; etc   | U3A Prom Coast Learning Centre  | Tuesdays<br>1:45 pm to 3:15 pm  |
|            | <b><u>INTERMEDIATE FRENCH</u></b> - with Daniele Chamley<br><u>Description:</u><br>- Extended vocabulary for: Conversation; Role Play<br>- Films (with sub-titles)<br>- Trivia; Camps; Songs; Individual input.  | U3A Prom Coast Learning Centre  | Mondays<br>1:00 pm to 3:00 pm   |
|            | <b><u>ADVANCED FRENCH</u></b> - with Daniele Chamley<br><u>Description:</u><br>Extended vocabulary and expressions for:<br>- Conversation; Role plays; Films & Discussion; Monologue<br>- Individual input, eg: delivery of a talk on topics of interest.  | U3A Prom Coast Learning Centre  | Wednesdays<br>9:45 am to 11:45 am   |
| LITERATURE | <b><u>BOOK CLUB</u></b> - with Anne McNess<br><u>Description:</u><br>A mixture of fiction and non-fiction with a preference for Australian authors. Participants must be a member of MYLI (West Gippsland Regional Library)<br>Members of this group are to read the book then join together for a discussion at each monthly meeting. | U3A Prom Coast Learning Centre<br><br>We welcome new members to our Book Club | Thursdays<br>2:00 pm<br><br>9th October<br>13th November<br>11th December |

| PAGE 8     | Subject   | Venue  | Dates and Times  |
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| LITERATURE | <p><b><u>HUMOROUS LITERATURE</u></b> - with Jill Wilson</p> <p><u>Description:</u><br/>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<br/>10:00 am to 11:00 am</p> <p>6th; 20th October<br/>3rd, 17th November<br/>1st, 15th December</p> |
| MOVIES     | <p><b><u>FRIDAY MOVIES</u></b> - with Helen Harris</p> <p><u>Description:</u><br/>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><b>Movie &amp; Meal at your own expense</b></p>  | Stadium 4 Cinema<br>Leongatha<br>Refreshments and discussion | <p>Fridays - Monthly</p> <p>17th October<br/>21st November<br/>19th December</p>   |
| MUSIC      | <p><b><u>U3A PROM COAST BAND</u></b> - with Ken Urquhart</p> <p><u>Description:</u><br/>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<br/>arrive 1:45 pm<br/>for a 2:00 pm start<br/>finish 3:00 pm</p> <p>Venue is Foster Scout Hall</p>        |



| PAGE 9           | Subject  | Venue                               | Dates and Times                     |
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| MUSIC            | <b><u>SINGING FOR PLEASURE</u></b> - with Francesca Dickinson<br><br><u>Description:</u><br>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. | Port Franklin Hall                  | Tuesdays<br>10:30 to 12:00 noon     |
|                  | <b><u>UKE3A</u></b> - with Dave Martin<br><br><u>Description:</u> This is a gathering of Ukelele players, enjoying music together.<br>Attendees need their own Uke, a tuner and a sense of humour.   | U3A Prom Coast Learning Centre      | Wednesdays<br>12:00 noon to 1:45 pm |
| SPORT & EXERCISE | <b><u>PICKLE BALL</u></b> : with Chris Pappas and Lyn Fillmore<br><u>Description:</u><br>A mixture of tennis, badminton and ping-pong. Have fun learning this game together, singles or doubles. Numbers limited. <b><i>Appropriate footwear must be worn</i></b>  | Foster Basketball Stadium           | Fridays<br>1:00 pm to 3:00 pm       |
|                  | <b><u>TABLE TENNIS</u></b> - with Lyn Fillmore<br><u>Description:</u> Play the game!<br>Enjoy some competition and learn some techniques from friends. <b><i>Appropriate footwear must be worn</i></b>   | FWMAC Hall<br>Supper Room<br>Foster | Wednesdays<br>1:45 pm to 3:00 pm    |

| PAGE 10          | Subject  | Venue   | Dates and Times  |
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| SPORT & EXERCISE | <p><b><u>TAI CHI</u></b> - with Tania Bird</p> <p><u>Description:</u><br/>Tai chi is gentle, slow exercise which tones and strengthens the body and improves balance.<br/>Beginners Welcome</p>  | <p>FWMAC<br/>Auditorium<br/>Foster</p>        | <p>Mondays<br/><br/>11:15 am to 12:00 noon</p>   |
|                  | <p><b><u>TAI CHI</u></b> - with Joan Thomas</p> <p><u>Description:</u><br/>A beginners class with Joan focussing on Beijing 24, Lohan and The Lotus forms.<br/>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<br/>Foster</p>         | <p>Mondays<br/><br/>10:30 am to 11:30 am</p>   |
|                  | <p><b><u>TAI CHI</u></b> - with Pauline Cliff</p> <p><u>Description:</u><br/>A fun, relaxing session for those who have a knowledge of tai chi moves.</p>  | <p>Community Health<br/>Centre<br/>Foster</p> | <p>Wednesdays<br/>10:00 am to 11:00 am<br/><br/>This is not a teaching class</p>           |
|                  | <p><b><u>STROLL AROUND TOWN</u></b> - 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.<br/>Meet in front of Foster Museum, 9:30 am, 1st Wednesday of the month.</p>                  | <p>Stroll around<br/>Foster town</p>          | <p>First Wednesday of each month<br/>at 9:30 am<br/><br/>5th November<br/>3rd December</p> |

| PAGE 11          | Subject  | Venue                             | Dates and Times  |
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| SPORT & EXERCISE | <b><u>TAI CHI for BEGINNERS</u></b> - with Tania Bird<br><u>Description:</u><br>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<br>Leongatha        | Thursdays<br><br>9:45 am   |
|                  | <b><u>TAI CHI CONTINUING</u></b> - with Tania Bird<br><u>Description:</u><br>For students with some experience of tai chi. We further explore Yang and Sun style forms as well as continuing quigong exercises.  | Dakers Centre<br>Leongatha        | Thursdays<br><br>10:45 am  |
| SPECIAL OUTING   | <b><u>Wildlifecoast Tours - Whales at Wilson Promontory</u></b><br><br>Morning tea, Lunch and snacks offered throughout the day.<br>Special dietary requirements catered for.<br><br>Cost: \$192.70 per person<br>This price is offered for a Group of 5 or more |                                   | Leaves Port Welshpool Jetty<br>at 10:30 am<br><br>Tuesday 14th October             |
| GUEST SPEAKER    | <b><u>GUEST SPEAKER SESSION</u></b><br>Any member can suggest a Guest Speaker for this section.<br>Or you may be able to offer a guest speaker session.<br>The sessions are open to all members and the general public   | U3A Prom Coast<br>Learning Centre | Thursdays<br>2:00 pm<br><br>Refreshments offered at our<br>Guest Speaker sessions. |