

**U3A Prom Coast
Term 2, 2026 Course List
20th April to 26th June 2026**

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<p><u>ART with Fleur Wheeler</u></p> <p><u>Description:</u> Fleur's popular art class continues. Fleur has a wealth of art knowledge she is happy and willing to share.</p>	U3A Prom Coast Learning Centre	Tuesdays 9:45 am to 12:00 noon
	<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>	Foster Scout Hall	Thursdays 10:30 am to 1:00 pm
	<p><u>WATERCOLORS WITH MARY</u> - with Mary Shaw</p> <p><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
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

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BOARD GAMES	<p><u>SCRABBLE</u> - with Elaine Orgill</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></p> <p>This course is for novice users of computers, and people wishing to improve their basic skills.</p> <p>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 1:00 pm
DANCE	<p><u>CIRCLE DANCING</u> - with Tania Bird in Leongatha</p> <p><u>Description:</u></p> <p>Traditional dances from around the world, danced in a circle with a friendly group of women and men. Circle dancing is fun and great exercise to beautiful music.</p>	Dakers Centre Leongatha	Thursdays 11:45 am New members welcome

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DANCE	<p><u>CIRCLE DANCING</u> - with Karin Ruff</p> <p><u>Description:</u> Traditional dances from around the world, danced in a circle with a friendly group.</p> <p>The steps for each dance are demonstrated and revised before dancing to beautiful music. Circle dancing is great exercise and very calming.</p>		<p style="text-align: center;">FWMAC Hall Supper Room Foster</p> <p style="text-align: center;">Wednesdays 10:00 am to 11:15 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> Tutors are Noel and Amanda Discover the fun of moving in time to a real beat and doing it with someone else.</p> <p>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 style="text-align: center;">Tuesdays</p> <p style="text-align: center;">Beginners 3:00 pm then 3:30 pm to 5:00 pm</p> <p style="text-align: center;">Port Franklin Hall</p>

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FOOD OUTINGS	<p><u>CULTURES THROUGH CUISINE</u>- with Lyn Fillmore</p> <p><u>Description:</u> . The lunches will be at a different location each month.</p> <p>Lets have a discussion on a country's culture and cuisine, over lunch.</p> <p>The lunches are at different locations on alternate months.</p>	<p>Thursday 12:30 pm</p> <p>28th May - Fish Creek Hotel</p>	
	<p><u>KERRY'S LONG LAZY LUNCHES</u> - with Kerry Hill</p> <p><u>Description:</u> A get together for a Thursday lunch. No agenda, just a leisurely day out.</p>	<p>Thursday 30th April - 12:30 pm Trulli's Pantry , Meeniyar</p> <p>Thursday 25th June - Venue TBC</p>	
GARDEN	<p><u>UP THE GARDEN PATH</u> - with Arie & Vivienne</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>23rd April - Arie's garden 21st May - Jenny Rays garden 18th June - TBC</p>	
GROUP CHAT	<p><u>CURRENT AFFAIRS</u> - facilitator is Linley Granger</p> <p><u>Description:</u> Interactive group discussion on current topics in the media.</p> <p>Listening to the views of others and contributing your own opinions.</p>	<p>Manna Gum Community House</p>	<p>Fridays</p> <p>2:00 pm to 4:00 pm</p>

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HISTORY AND SCIENCE	<p><u>ANCIENT EGYPT</u>- Facilitator is Simon Shee</p> <p><u>Description:</u></p> <p>Ancient Egypt holds a fascinating attraction: From the hidden treasures of tombs and beautiful art, to the mysterious hieroglyphics of recorded history.</p> <p>Created on the banks of the Nile, ancient Egypt is an event unique in human history, with no other civilisation lasting as long, contributing so much, or repeatedly astounding in its 3000 years of recorded nationhood.</p> <p>Over terms one and two this lecture course will explore in detail the colourful history of this amazing nation.</p>		<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><u>HOW THE EARTH WORKS</u> - Facilitator is Fred Weight</p> <p><u>Description:</u></p> <p>After the Big Bang occurred 13.7 billion years ago, the machinery of our universe was set in motion and the eventual formation of stars and planets was inevitable.</p> <p>Recent discoveries in the earth sciences (geology, geophysics, geochemistry and geobiology) are now revealing what our planet Earth is made of and what its history has been.</p> <p>Join us for 48 fascinating lectures to learn 'How The Earth Works'.</p>		<p style="text-align: center;">Venue is the U3A Prom Coast Learning Centre</p> <p style="text-align: center;">Thursdays 12:00 noon to 1:30 pm</p> <p style="text-align: center;">=====</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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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	Tuesdays 2:00 pm to 3:30 pm
	<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	Mondays 1:00 pm to 3:00 pm
	<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	Wednesdays 9:45 am to 11:45 am
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) You will read the book then join together for a discussion.</p>	U3A Prom Coast Learning Centre We welcome new members to our Book Club	Thursdays - 2:00 pm 14th May 11th June
	<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	Alternate Mondays 10:00 am to 11:00 am 20th April 4th; 18th May 1st; 15th June

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MUSIC	<p><u>SINGING FOR PLEASURE</u> - with Francesca Dickinson</p> <p><u>Description:</u> 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>U3A PROM COAST SHOW BAND</u> - with Ken Urquhart</p> <p><u>Description:</u> The show band caters for individuals who can read music and can play brass or woodwind Eb and Bb instruments.</p> <p>The main focus of this band is to have fun playing music at our standard. We have occasional support from a drummer/percussionist.</p> <p>We would welcome additional brass/woodwind players and percussionists. Participants will be required to supply their own instrument and music stand.</p>		Wednesdays Arrive 1:45 pm for a 2:00 pm start finish 3:00 pm Venue is Foster Scout Hall
	<p><u>UKE3A</u> - with Dave Martin</p> <p><u>Description:</u> This is a gathering of Ukelele players, enjoying music together. 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

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PLAY GROUP FOR SENIORS	<p><u>PLAY GROUP FOR SENIORS</u> - with Chris Dickins</p> <p><u>Description:</u> A collection of games, brain teasers and problem solving exercises.</p> <p>These 90 minute classes are designed to promote playfulness. There will be no requirement to get up and act. Nearly all activities will be done with the whole group involved. Occasional activities will be designed to be done in pairs or in groups. No one will be asked to do anything they aren't comfortable with. There are no strenuous exercises.</p> <p>All the games and exercises are done for enjoyment and creativity. Elements of theatre and drama will be used to support self confidence, teamwork and creative expression in order to encourage playfulness. Mime and movement, development of character, use of voice, comic improvisation and insights into theatrical devices will all play a part of the course.</p> <p>No theatre experience is necessary. For further information or to talk with Chris he can be contacted at christopherdickins3@gmail.com Classes will be limited to 12 participants.</p> <p><u>Quote:</u> <i>'We don't stop playing because we grow old; we grow old because we stop playing'</i>. George Bernard Shaw.</p>		<p>FWMAC Meeting Room</p> <p>Tuesdays</p> <p>10:00 am to 11:30 am</p> <hr/> <p>Chris is an established Australian playwright who has written over 100 plays. He is a former Drama teacher and lecturer with 50 years experience working with people of all ages and backgrounds. Chris now specialises in writing plays, novels and illustrated short stories as well as composing music. His latest play is The Dreaming Bed, a musical for children.</p>
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. Have fun learning this game together, singles or doubles.</p> <p><i>Appropriate footwear must be worn</i></p>	Foster Basketball Stadium	<p>Fridays</p> <p>5:00 pm to 7:00 pm</p>

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SPORT & EXERCISE	<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	Meet in front of Foster Museum - 9:30 am Wednesday 22nd April
	<p><u>TABLE TENNIS</u> - with Lyn Fillmore</p> <p><u>Description:</u> Enjoy some competition and learn some techniques from friends. <i>Appropriate footwear must be worn</i></p>	FWMAC Hall Supper Room Foster	Wednesdays 1:45 pm to 3:00 pm
	<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>	FWMAC Auditorium Foster	Mondays 11:15 am to 12:00 noon
	<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>	Community Health Centre Foster	Wednesdays 10:00 am to 11:00 am This is not a teaching class

PAGE 10	Subject	Venue	Dates and Times
SPORT & EXERCISE	<p><u>TEAM TAI CHI</u> - with Joan Thomas and friends</p> <p><u>Description:</u> A beginners class 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>	Uniting Church Hall	Mondays 10:30 am to 11:30 am
	<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 SESSION	<p><u>Ortho Advantage - Neuromuscular Orthotics and Prosthetics</u> with Amelia Tobias and Amelia Bright</p> <p>Join us for an engaging and informative talk on neuromuscular orthotics and prosthetics, exploring how today's innovative devices can support mobility, improve comfort, and importantly, reduce the risk of falls.</p> <p>Learn how tailored orthotic solutions can enhance balance, support weakened muscles, and promote safer walking—helping you stay active and confident in your daily life. This session will be presented in a clear, practical way, with real-world examples and opportunities to trial sample devices.</p>		<p>Thursday 23rd April 2:00 pm Afternoon tea provided</p> <p>Facilitator is Lynley Granger</p>