

U3A Prom Coast
Term 3, 2026 Course List
13th July to 18th September 2026

Page 1	Subject	Venue	Dates and Times
ART & CRAFT	<u>ART with Fleur Wheeler</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>MOSAICS</u> - with Maggie Daniels 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 <u>purchase some equipment and resources.</u>	Foster Scout Hall	Thursdays 10:30 am to 1:00 pm
	<u>WATERCOLORS</u> - with Ray Carter As a student, explore your hidden artistic potential, creating that piece of art you've always wanted to paint and then some. A learners class where you can choose your own subject and join the class where we will explore various skills, sketching, layouts, design and painting techniques and other subjects. A Brief history - Ray started his career in the 70s. Art School, then commercial hand typography, greeting cards, pre-press printing, publications, news media. In Australia, HWT typography pre-press News media and publishing. Graphic Design, Finished Art. Traditional Sign Writing. Staging Sets and Scenic Art in the motion picture industry.		Thursdays 1:30 pm to 4:00 pm U3A Prom Coast Learning Centre

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BOARD GAMES	<u>MAH-JONG</u> - with Jenny Weimer 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 Elaine Orgill 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> - facilitator is Heather Bligh 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 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.	U3A Prom Coast Learning Centre	Fridays 10:00 am to 1:00 pm

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DANCE	<u>CIRCLE DANCING</u> - with Karin Ruff Traditional dances from around the world, danced in a circle with a friendly group. The steps for each dance are demonstrated and revised before dancing to beautiful music. Circle dancing is a great exercise and very calming.		FWMAC Hall Supper Room Foster Wednesdays 10:00 am to 11:15 am
	<u>CIRCLE DANCING</u> - with Tania Bird in Leongatha 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.		Thursdays 11:45 am Dakers Centre Leongatha
	<u>DANCING FOR EXERCISE</u> - with Tania Bird Dancing to the music of the 60's and 70's. Easy step by step learning. New members welcome.	FWMAC Main Hall Foster	Mondays 10:00 am to 11:15 am
GARDEN	<u>UP THE GARDEN PATH</u> - with Arie & Vivienne Visit a garden for a walk & a chat - stay on for morning tea. Car pooling from Museum Carpark, Foster.	Thursdays - 10:00 am 16th July - Colleen & Alan Smiths garden - Foster 20th August - Marg Eddy's garden - Buffallo 17th September - E Grylls garden - Hazel Park	
GROUP CHAT	<u>CURRENT AFFAIRS</u> - facilitator is Linley Granger 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 2:00 pm to 4:00 pm

Page 4	Subject	Venue	Dates & Times
DISCUSSION GROUP	<u>AN EXAMINATION OF THE NEW TESTAMENT AS A SET OF HISTORICAL DOCUMENTS</u> - with David Pollard The class leader is David Pollard, a U3A member, who holds a degree in Divinity from Melbourne’s University of Divinity and who has a long term interest in issues surrounding the development of the New Testament. This discussion group would consider the extent to which the New Testament record is history or proclamation. It would aim to delve beneath old biblical certainties to see what makes this ancient, famous but not well understood set of documents important. The discussion would have <u>no religious purpose</u> but involve literary and text methods to understand the documents in their original settings. Participants could have an interest in literature and history. There would be some supplied readings and discussion of a new issue each week for 1 – 2 hours weekly for a term.		Venue is U3A Prom Coast Learning Centre Foster Wednesdays 3:30 pm to 5:00 pm
	<u>ANCIENT EGYPT</u> - Facilitator is Simon Shee Ancient Egypt holds a fascinating attraction: From the hidden treasures of tombs and beautiful art, to the mysterious hieroglyphics of recorded history.	U3A Prom Coast Learning Centre <i>These two DVD classes will run into Term 3 until 6th August</i>	Thursdays 10:00 am to 11:30 am
	<u>HOW THE EARTH WORKS</u> - Facilitator is Fred Weight 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.		Thursdays 12:00 noon to 1:30 pm

Page 5		Venue	Dates and Times
HISTORY AND SCIENCE	<u>TURNING POINTS OF MIDDLE EASTERN HISTORY</u>- Facilitator is Simon Shee The Middle East is one of the most fascinating and important regions of the world. This course will look at the region's history, from the dawn of Islam in 622 until the end of the Ottoman Empire in 1924. Examination of important turning points that occurred during this period will help explain the shaping of the region's political, military, social and religious makeup of the current Middle Eastern society.		Venue is the U3A Prom Coast Learning Centre Thursdays 10:00 am to 11:30 am Commencing 13th August
	<u>EARLY HUMANS: ICE, STONE AND SURVIVAL</u> - Facilitator is Fred Weight Humans have been farming for only around 12,000 years of the almost 200,000 years of human prehistory, During this course, you will meet some of your ancestors face-to-face and examine a fascinating but distant and elusive past: <i>Life before Agriculture</i> . We will address some of the questions that have fascinated humans from our beginning: <i>Who are we and how did we become this way ?</i> Come and join us. Let us journey through our history together. Members are welcome to join this group at any time. The kettle is on and refreshments are available.		Venue is the U3A Prom Coast Learning Centre Thursdays 12:00 noon to 1:30 pm Commencing 13th August

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LANGUAGE	<u>BEGINNERS FRENCH</u> - Daniele Chamley 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 2:00 pm to 3:30 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 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.	U3A Prom Coast Learning Centre We welcome new members to our Book Club	Thursdays - 2:00 pm 16th July 13th August 10th September
	<u>HUMOROUS LITERATURE</u> - with Jill Wilson 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.	U3A Prom Coast Learning Centre	Alternate Mondays 10:00 am to 11:00 am 13th & 27th July 10th & 24th August 7th September

Page 7	Subject	Venue	Dates and Times
LUNCHES	<u>CULTURES THROUGH CUISINE</u> - with Lyn Fillmore We will try different venues each term. Lets have a discussion on a country's culture and cuisine, over lunch.	Thursday 12:30 pm 23rd July Welshpool Hotel	
	<u>KERRY'S LONG LAZY LUNCHES</u> - with Kerry Hill A get together for a Lunch. No agenda, just a leisurely day out.	Thursday 27th August - 12:30 pm RACV Resort, Inverloch Friday 18th September - 12:30 pm Gurneys Cidery, Foster	
THE LAST TRIP	<u>THE LAST BUS</u> - with Alison Shields Going on a trip involves planning beforehand. Our last trip is no exception. Come along to the practical 8 week U3A Prom Coast course that covers everything you need to know about "moving on". Different speakers will deal with financial planning, advanced care directives and funeral preparations, with palliative care, legal matters, V.A.D. and the final earthly destination. A forum for asking questions and obtaining information. There is a small cost of \$5 for this class, to cover folders and documents.	U3A Prom Coast Learning Centre	Mondays 3:15 pm to 4:45 pm

Page 8	Subject	Venue	Dates and Times
MUSIC	<u>SINGING FOR PLEASURE</u> - with Francesca Dickinson 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 10:30 to 12:00 noon
	<u>U3A PROM COAST SHOW BAND</u> - with Ken Urquhart The show band caters for individuals who can read music and can play brass or woodwind Eb and Bb instruments. The main focus of this band is to have fun playing music at our standard. We have occasional support from a drummer/percussionist. We would welcome additional brass/woodwind players and percussionists. Participants will be required to supply their own instrument and music stand.		Wednesdays Arrive 1:45 pm for a 2:00 pm start finish 3:00 pm Venue is FWMAC Hall - Stage Easter
	<u>UKE3A</u> - with Dave Martin & Ros Wathen <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.	U3A Prom Coast Learning Centre	Wednesdays 12:00 noon to 1:45 pm
	<u>PLAYGROUP FOR SENIORS:</u> with Chris Dickins A collection of games, brain teasers and problem solving exercises. 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. No theatre experience is necessary.		Tuesdays 10:00 to 11:30 noon

Page 9	Subject	Venue	Dates and Times
SPORT & EXERCISE	<u>PICKLE BALL</u> : with Chris Pappas and Lyn Fillmore A mixture of tennis, badminton and ping-pong. Have fun learning this game together, singles or doubles. <i>Appropriate footwear must be worn</i>	Foster Basketball Stadium	Fridays 5:00 pm to 7:00 pm
	<u>TABLE TENNIS</u> - with Lyn Fillmore 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 Tai chi is gentle, slow exercise which tones and strengthens the body and improves balance.	FWMAC Auditorium Foster	Mondays 11:15 am to 12:00 noon
	<u>TAI CHI</u> - with Pauline Cliff A fun, relaxing session for those who have a knowledge of tai chi moves. This is not a teaching class.	Community Health Centre Foster	Wednesdays 10:00 am to 11:00 am
	<u>TEAM TAI CHI</u> - with Joan Thomas and friends A beginners class 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	Mondays 10:30 am to 11:30 am
	<u>TAI CHI for BEGINNERS</u> - with Tania Bird 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.		Thursdays 9:45 am Dakers Centre, Leongatha
	<u>TAI CHI CONTINUING</u> - with Tania Bird For students with some experience of tai chi. We further explore Yang and Sun style forms as well as continuing quigong exercises.		Thursdays 10:45 am Dakers Centre, Leongatha