

U3A Prom Coast
Term 4, 2026 Course List
5th October to 18th December 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 4:00 pm to 6:00 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
	<u>INSIDE THE MIND OF AI</u> - with Joe Fusca Artificial Intelligence (AI) research started soon after WW2 and various architectures have since been used in industry and finance. But only in recent years, since the advent of Large Language Models (LLM) has it caught the public imagination. The aim of this course is to spread knowledge and understanding of the mechanisms by which these are happening, along with the science and technology that make it all possible, so that people can make more informed decisions relevant to their own circumstances		Venue U3A Prom Coast Learning Centre 2 Mondays 12th and 26th October 10:00 am to 12:00 noon

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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 refreshments Car pooling from Museum Carpark, Foster.		Thursdays - 10:00 am 15th October - Crowls garden - Foster 19th November - Elenor Davis garden 17th December - Mossvale Park - BYO picnic lunch
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
GUEST SPEAKER SESSIONS	<u>STAYING BEHIND THE WHEEL - Enhancing your Driving Future</u> - A Community Support Initiative for South Gippsland Drivers This program is designed to give you the tools, health checks, and vehicle knowledge to keep you driving safely, confidently, and independently in our rural landscape. <u>Part 1:</u> Defensive Driving & Road Mastery - lead by Vic Police - Bass Coast Highway Patrol <u>Part 2:</u> The High-Performance Human & Machine - lead by local Pharmacist and OT Driver Assessor. <u>Part 3:</u> Navigating the Future - lead by OT Driver Assessor and Community Liaison		U3A Prom Coast Learning Centre Friday 9th October 1:00 pm Afternoon tea provided Please register your interest in this event, for planning purposes
	<u>ELDER RIGHTS</u> with Maree Bayley - Promoting the human rights of elder people - Who is Elder Rights Australia, and what do we do? - What is advocacy, and how can we work for you and others in the community? - Know your aged care rights - Navigating the Aged Care System - What is elder abuse, how to recognise and respond? Elder Rights Australia are committed to empowering older people with information about their aged care rights. We raise awareness about the rights of older people when accessing or seeking to access aged care services and support them to understand signs of elder abuse. These sessions are designed to inform and empower older people, their families, and those who support them including Aged Care Staff		U3A Prom Coast Learning Centre Friday 6th November 2:00 pm Afternoon tea provided

Page 5	Subject	Venue	Dates & 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 Continuing from Term 3 All members welcome
	<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 Continuing from Term 3 All members welcome

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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 - 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 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 8th October 6th November 10th December
	<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 5th & 19th October 7th & 16th & 30th November 14th December

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 22nd October 12:30 pm Punjabi Pantry - Indian Cuisine Leongatha	
	<u>KERRY'S LONG LAZY LUNCHES</u> - with Kerry Hill A get together for a Lunch. No agenda, just a leisurely day out.	Thursday 26th November 12:30 pm Rusty Gurnard Hotel Port Welshpool	
	<u>COMBINED CULTURES THROUGH CUISINE & KERRY'S LONG LAZY LUNCH</u> - Christmas gathering Combining the two lunch groups, celebrating the end of 2026. This is a separate booking on the Enrolment Form	Thursday 17th December 12:30 pm Korumburra Middle Pub	
	<u>FRIDAY MOVIES</u> - with Chris Kemper Watch the movie, then join together for a discussion after the movie, over lunch. Movie & Meal at your own expense	Stadium 4 Cinema Leongatha	Fridays 30th October 27th November 11th December
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

Page 8	Subject	Venue	Dates and Times
MUSIC	<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 Foster
	<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>U3A PROM COAST SENIORS SPECTACULAR</u> - A Seniors Week Celebration Last years Seniors Spectacular was so popular we are running it again this year. Come along to celebrate Seniors Week, and watch your talented, fellow U3A Prom Coast members, perform all sorts of dance, singing, playing of musical instruments and more. The Year 9 students from Foster High School will serve you a delicious morning tea. Please mark your intention to attend, on the Term 4 Class Enrolment Form, to secure a seat.		Venue: FWMAC Wednesday 28th October 10:00 am to 12:00 noon Morning tea provided

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SPORT & EXERCISE	PICKLE BALL: 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 1:00 pm to 3:00 pm
	<u>STROLL</u> - with Chris Kemper Get to know your neighbourhood with a walk exploring the streets and byways of Foster.	Meet at Foster Museum 9:30 am	Wednesdays 9:30 am 14th October 11th November 11th December
	<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