



U3A CROYDON INC

SHARING KNOWLEDGE AND SKILLS

2018 Course Program

Check with your Tutor/Course Leader whether classes will run on days when the forecast temperature is going to be above 30°.

U3A Croydon Inc. Contact Details

PO Box 816

Croydon Vic. 3136

Phone: 03 9724 9544

Web: <http://u3acroydon.org.au/>

Enquiries: u3acroydon@u3acroydon.org.au

U3A Croydon Inc. Campus

Keystone Complex

1 Civic Square

Croydon Vic. 3136

**Office Hours:
10:00 am to 12:30 pm
Monday to Friday
(Closed Public and School Holidays)**

Inside Venue Locations

Code	Name	Address
Aquahub Civic Square	Croydon Aquahub 11 Civic Square opposite Birdwood Rd	11 Civic Square Croydon, 3136
Birdwood Scout Hall	3 rd Croydon Scout Hall Birdwood Avenue Between Lusher Rd and Civic Square	15 Birdwood Rd Croydon, 3136
Cheong Park	South Croydon Football Club Ground Premises Cheong Park	Cnr Eastfield Road and Bayswater Road Croydon South, 3136
Glenn Frost Room	Glenn Frost Room Rear of Croydon Library	Civic Square Croydon, 3136
Kent Ave Room 1	Croydon Central Scout Hall Next to Croydon Central Shopping Centre Car Park (North End)	33 Kent Avenue Croydon, 3136
Kent Ave Room 2	Croydon Central Scout Hall Next to Croydon Central Shopping Centre Car Park (North End)	33 Kent Avenue Croydon, 3136
Kent Ave Room 3	Croydon Central Scout Hall Next to Croydon Central Shopping Centre Car Park (North End)	33 Kent Avenue Croydon, 3136
Keystone Clubrooms	Keystone Building Enter via the Norton Rd car park opp. Swinburne TAFE	Athletics Room Keystone Building 1 Civic Square Croydon, 3136
Keystone Office	U3A Croydon Office Keystone Building Opposite Council Offices	1 Civic Square Croydon, 3136
Ringwood Croquet Club	Jubilee Park	Gardini Ave Ringwood (Melway Map 49, J10)
Swim Log Cabin	Croydon Swimming Club Hall Rear of Croydon Memorial Pool	Springfield Ave. Croydon, 3136
Yarra Valley Bridge Club	Yarra Valley Bridge Club	6 Laurence Grove Ringwood East, 3135

Outside Venue Locations

For Outside Venues or Meeting Points refer to the respective Course Description.

Term Dates

Term One	29 th January to 29 th March 2018
Term Two	16 th April to 29 th June 2018
Term Three	16 th July to 21 nd September 2018
Term Four	8 th October to 7 th December 2018

Membership Fees

➤ Full Members \$ 50.00

➤ Associate Members \$ 30.00

➤ Full Course Tutors \$ 50.00

(i.e. those who **are participating** in a course in addition to their own)

➤ Course Tutors \$ 0.00

(i.e. those who **are not participating** in a course, other than their own),
are not required to pay a fee, but must enrol on the Membership System
for insurance purposes.

Course Fees

In general, Course Fees are included with the Membership Fee. Where extra expenses are incurred, e.g. to outside providers, cost of photographs, photo copying and demonstration materials, a supplementary charge is levied. Where applicable, i.e. Computer Classes, Book Clubs, Swimming, etc. these supplementary charges are shown in the course descriptions.

Course Availability

Each Member may enrol in up to **six Courses**.

Some subjects will be limited to one Course per Member.

Contents

ART :	1
COMPUTER :	1
CRAFT :	3
DANCING :	4
EXERCISE :	5
GAMES :	8
HISTORY :	9
HUMANITI :	10
LANGUAGE :	13
MUSIC :	15
SCIENCE :	15

ART :

18ART001 SKETCH & PAINT CLASS

30 January to 4 December 2018

Josie Parkinson

Weekly Course, Tue 9:00-12:00

Location : Swim Log Cabin

Discover the artist in you (one term will tell) All you need is the desire & the patience to give it a go. After your enrolment is confirmed, please speak to Leader before purchasing materials. Prerequisites: None

Nothing need for starting program. Lots of help to get started, a great place to hang out, very social too.

18ART005 WATERCOLOUR - A - UNTUTORED

29 January to 3 December 2018

Gemma Jordan

Weekly Course, Mon 12:00-15:00

Location : Swim Log Cabin

Practise watercolours in a relaxed atmosphere. This is an UNTUTORED CLASS where we share knowledge and ideas. Bring your own equipment and enthusiasm. A waiting list is available. Members can join throughout the year if there is a vacancy. The course will not run if temperature is over 30 degrees. Prerequisites: None

COMPUTER :

18COM001 COMPUTER LEVEL 1 - TERM 1

2 February to 2 March 2018

Trevor Bellinger

Weekly Course, Fri 13:00-14:30

Location : Keystone Office

Before you start your journey you need to learn how to use & control the mouse & understand the use of the basic keys on the keyboard. You will also learn how to format text, the components of your computer plus spell checking, creating Files & Folders. This class teaches you all this plus lots more. NOTE: Class runs for 5 consecutive weeks. NOTE: \$20 COMPUTER FEE TO BE PAID BY CASH OR CHEQUE BEFORE COURSE COMMENCES. IMPORTANT: YOU MUST CONTACT TREVOR ON 9729 9308 prior to enrolling. Everyone who enrolls will be placed on a Wait List until they are assessed by Computer Course Co-ordinator as to their suitability for the course.

18COM010 COMPUTER LEVEL 2 - TERM 1

1 February to 29 March 2018

Joy Bellinger

Weekly Course, Thu 11:00-12:30

Location : Keystone Office

NOTE: \$20 COMPUTER FEE TO BE PAID BY CASH OR CHEQUE BEFORE COURSE COMMENCES Working with folders & text; How to use a USB memory stick; inserting, saving and text wrapping pictures; Designing Wordart & creating tables; Using shapes & borders. Also general computer maintenance. Notes will be given. Build on Computer Level 1 and increase your knowledge and skills. Must have own computer with Windows 7 and Office 2007 or later version (2010 or 2013). Also requires a USB memory stick (memory drive). IMPORTANT: YOU MUST CONTACT TREVOR 9729 9308 prior to enrolling. This is a one term course offered each of the four terms. NOTE: Everyone who enrolls in the course will be placed on a Wait List until they are assessed by Computer Course Co-ordinator as to their suitability for the course.

18COM020 COMPUTER LEVEL 3 - TERM 1

2 February to 23 March 2018

Trevor Bellinger

Weekly Course, Fri 10:30-12:00

Location : Keystone Office

NOTE: \$20 COMPUTER FEE TO BE PAID BY CASH OR CHEQUE BEFORE COURSE COMMENCES This class is a step up from Level 2 and includes inserting and manipulating tables, text wrapping, downloading and manipulating pictures, clipart and photos. Inserting watermarks, shapes, templates, indenting text, designing & printing labels, mail merge plus lots more. Be prepared to practise at home what you are learning. Must have completed Computer Beginners Level 1 & 2. IMPORTANT: YOU MUST CONTACT TREVOR ON 9729 9308 prior to enrolling. Everyone who enrolls will be placed on a Wait List until they are assessed by Computer Course Co-ordinator as to their suitability for the course.

18COM025 COMPUTER CONVERT LPS & AUDIO TO CD - T1

30 January to 27 March 2018

Geoff Kidd

Weekly Course, Tue 10:00-11:30

Location : Keystone Office

NOTE: \$20 COMPUTER FEE TO BE PAID BY CASH OR CHEQUE BEFORE COURSE COMMENCES Use your existing computer skills as a tool to produce audio CDs from tapes and records. Prerequisites: Must be familiar with Windows Explorer, drag/drop, cut/paste and have knowledge of folders and directory structure, plus have a turntable that will connect to your computer. IMPORTANT:

YOU WILL NEED TO CONTACT CLASS LEADER prior to enrolling in this class. Phone No. 9870 8874. Everyone who enrolls will be placed on a Wait List until they are assessed by Computer Course Co-ordinator as to their suitability for the course.

18COM032 COMPUTER PHOTO REPAIR & ENHANCEMENT - T1

Joy Bellinger

1 February to 29 March 2018

Weekly Course, Thu 13:30-15:00

Location : Keystone Office

This is a basic course on how to digitally enhance and repair photos using 2 programs - Picasa and PhotoFiltre (can be downloaded free from the Internet). The course covers file formatting, resolutions and resizing photos; removing Red Eye, Straightening crooked photos, removing scratches, blemishes, etc from certificates and photos. Also eliminating unwanted objects and transferring objects from one photo to another; correcting contrast, colour and exposure as well as much, much more. NOTE: \$20 COMPUTER FEE TO BE PAID BY CASH OR CHEQUE BEFORE COURSE COMMENCES. NOTE: CLASS RUNS WEEKLY FOR TERM 2. IMPORTANT: YOU MUST CONTACT TREVOR BELLINGER 9729 9308 PRIOR TO ENROLLING.

18COM040 IPAD FOR BEGINNERS - TERM 1

Trevor Bellinger

31 January to 28 March 2018

Weekly Course, Wed 13:00-14:30

Location : Keystone Office

NOTE: \$20 COMPUTER FEE TO BE PAID BY CASH OR CHEQUE BEFORE COURSE COMMENCES This course is for iPad owners who are Beginners only. It is NOT for Android tablet owners. Involves setting up your iPad, editing text/emailing photos/pictures & other documents. Dictation, using SIRI, managing your contacts, FaceTime, obtaining items from the APP store. Course notes will be provided by Tutor. PHONE TREVOR 9729 9308 before enrolling & to get more details. You will need to bring along your own iPad each week. Everyone who enrolls will be placed on a Wait List until they are assessed by Computer Course Co-ordinator as to their suitability for the course.

18COM046 MASTERING THE INTERNET - TERM 1

Ian Tuffs

30 January to 27 March 2018

Weekly Course, Tue 10:00-11:15

Location : Keystone Office

\$20 COMPUTER FEE TO BE PAID IN CASH OR BY CHEQUE BEFORE COURSE COMMENCES What is the Internet? How do I join the Internet? Security - Protecting against viruses, firewalls, anti virus software. Browsers - Chrome, Firefox, Edge, Opera. Emailing. Gmail, Thunderbird, Windows LiveMail. Search Engines - Google, Bing, Yahoo. Buying & selling on the Internet. Social networks - Facebook, Twitter. Exploring interesting sites. A brief history of the Internet. Other subjects of interest to members. EVERYONE WHO ENROLS WILL BE PLACED ON A WAIT LIST.

18COM050 MICROSOFT EXCEL - TERM 1

Trevor Bellinger

31 January to 28 March 2018

Weekly Course, Wed 11:00-12:30

Location : Keystone Office

NOTE: \$20 COMPUTER FEE TO BE PAID BY CASH OR CHEQUE BEFORE COURSE COMMENCES Learn how to design & format professional looking spreadsheets & workbooks, insert formulas & convert data into impressive looking charts & graphs. Learn lots of tips & tricks plus time-saving skills in putting data into your spreadsheets. CLASS RUNS WEEKLY FOR TERMS 1 & 3 ONLY. IMPORTANT: YOU WILL NEED TO CONTACT TREVOR 9729 9308 prior to enrolling. Prerequisites: Must have completed a minimum of Level 2 course. Must have Office 2010 and above and Windows 10 and be prepared to practice what you learn. Also need to bring a USB memory stick. Once the Term starts no new members will be added to the class. Everyone who enrolls will be placed on a Wait List until they are assessed by Computer Course Co-ordinator as to their suitability for the course.

18COM060 MICROSOFT PUBLISHER - PART 1 - TERM 1

Joy Bellinger

1 February to 29 March 2018

Weekly Course, Thu 9:00-10:30

Location : Keystone Office

NOTE: \$20 COMPUTER FEE TO BE PAID BY CASH OR CHEQUE BEFORE COURSE COMMENCES Using the Templates to make greeting cards, calendars, etc. Design your own publications such as labels, banners, cards, invitations, etc. Working with pictures, wordart, objects, lines & borders. Notes will be given. NOTE: CLASS RUNS WEEKLY FOR TERM 1 & 3. IMPORTANT: YOU MUST CONTACT TREVOR BELLINGER 9729 9308 prior to enrolling. To be very proficient with the use of the computer. MUST HAVE MICROSOFT PUBLISHER PROGRAM ON THEIR OWN COMPUTER. The class is taught on Publisher 2016 version, but if you have an earlier version you will need to be prepared to adjust to a different version. Extra notes & assistance will be given to accommodate this. Everyone who enrolls will be placed on a Wait List until they are assessed by Computer Course Co-ordinator as to their suitability for the course.

CRAFT :

18CRA005 BEADING

2 February to 7 December 2018

We are a small, social, friendly group assisting each other with our knowledge of basic beading. We are on the lookout for a Tutor to enable us to progress further with methods we have not yet tried.

Helen Stok

Weekly Course, Fri 10:00-12:00

Location : Kent Ave Room 1

18CRA010 CARD MAKING

29 January to 3 December 2018

General card making. Tools, materials, cutting mat and card stock required. Members can join throughout the year if there is a vacancy. The course will not run if the temperature is over 30 degrees. Prerequisites: None

Christine Hawkins

Weekly Course, Mon 13:30-16:00

Location : Kent Ave Room 1

18CRA012 CREATIVE CARDS

29 January to 3 December 2018

We make greeting cards using a variety of techniques and materials. Help is given to new members, but most work independently, sharing ideas and teaching new skills as needed. Waiting list is available if the class is full. Members can join throughout the year if there is a vacancy. The course will run if the temperature is over 30 degrees. Prerequisites: Interest in card making.

Christine Hawkins

Weekly Course, Mon 9:30-11:30

Location : Kent Ave Room 1

18CRA015 DESIGNER CARDS

30 January to 4 December 2018

A friendly group of fun loving Card Makers. We welcome and help new members, but we all help each other, sharing ideas, skills and techniques. Prerequisite - Love of Card Making. We supply most of own materials - Tool Box, Cutting Mat, Paper Trimmer, Card stock etc but we do have some class equipment for you to use. A waiting list is available if the class is full. Members can join throughout the year if there is a vacancy. The class will run if the temperature is over 30 degrees.

Lesley Downey

Weekly Course, Tue 9:30-11:30

Location : Cheong Park

18CRA020 CREATIVE CRAFT

29 January to 3 December 2018

Everything old is new again. Fun ways to use and experiment with different crafts, exploring knitting, beading, crochet, ribbon crafts, embroidery stitches just to name a few. Prerequisites: An interest in crafts both traditional & modern and a willingness to try new ideas. This is a group where members share ideas and supply most of their own materials. A waiting list is available. Members can join throughout the year if there is a vacancy. The course will run if temperature is over 30 degrees.

Trish Davis

Weekly Course, Mon 9:00-11:30

Location : Kent Ave Room 3

18CRA025 FURNITURE RESTORATION

29 January to 3 December 2018

Bring your old wooden treasures along for evaluation to see if they can be lovingly restored. This generally means dismantling it, sanding it back to its natural state, reassembling the piece and staining or French polishing the finished object. A waiting list is available if class is full. Members can join throughout the year if there is a vacancy. The course will run if temperature is over 30 degrees. Prerequisites: None

Nelson Riquelme

Weekly Course, Mon 9:00-11:30

Location : Kent Ave Room 2

18CRA030 LEADLIGHTING

29 January to 3 December 2018

Instruction is given in lead lighting and copper foiling. Learn how to create sun catchers, lampshades, door side lights etc. Fairly good eyesight & steady hand is needed to cut glass & equipment needs to be acquired as you learn. Must be prepared to buy own tools & glass when required. A waiting list is available if class is full. Members can join throughout the year if there is a vacancy. The class will run if temperature is over 30 degrees. Prerequisites: None

Loretta Rees

Weekly Course, Mon 9:00-12:00

Location : Kent Ave Room 2

18CRA033 PATCHWORK - FRIDAY

2 February to 7 December 2018

Marie Harman

Weekly Course, Fri 10:00-12:00

Location : Kent Ave Room 3

All aspects of Patchworking are covered. No machines are available but information on use is. Lovely helpful class - great women and you will be amazed at what you can hand sew. Start with basics: cutting, stitching, basting, quilting, naive applique or needle turn applique, then progress to your own project. A wait list is available if class is full. Members can join throughout the year if there is a vacancy. The course will run if temperature is over 30 degrees. Newcomers to ring - Marie Ph.9720 7919 re their requirements.

18CRA035 PATCHWORK - TUESDAY

30 January to 4 December 2018

Jude Crute

Weekly Course, Tue 10:00-12:00

Location : Kent Ave Room 3

All levels of ability including beginners welcome. Work on your own project in a friendly atmosphere. Help is available to learn new techniques. Members supply fabric, threads patterns etc to work on their own project. Prerequisites: None

18CRA039 SCRAPBOOKING

30 January to 4 December 2018

Ruth Cannon

Weekly Course, Tue 11:45-14:00

Location : Cheong Park

A lovely way to make up a photo album for a special grandchild or to celebrate a great occasion or holiday. Bring along photos, materials and tools. Prerequisites: None

18CRA042 CRAFT " UNFINISHED OBJECTS "(UFO'S)

31 January to 5 December 2018

Karyn Pacchiana

Weekly Course, Wed 10:40-12:40

Location : Cheong Park

Get those projects out of mothballs & join us in a fun, relaxed atmosphere. We have a wealth of experience among our members if help needed, OR you would like to share your knowledge. We have completed many projects i.e., beading, knitting, crocheting, embroidery, card-making, etc.

Come & join us, make new friends and maybe learn something new. BYO materials. We have a new sewing machine for use if needed.

DANCING :

18DAN005 BALLROOM DANCING

1 February to 6 December 2018

Catherine Saisi

Weekly Course, Thu 13:15-15:00

Location : Swim Log Cabin

Tutor will not take new members until the beginning of Term.

Learn to dance the Waltz, Foxtrot, Quickstep and more along with some New Vogue and Latin American dancing. Instruction, as well as social dancing throughout the 2 hours with a 15-minute break. Please wear appropriate supportive footwear. Class will not take place if temperature is over 30 degrees.

18DAN010 DOT'S LINE DANCING/ BEGINNERS - MON

29 January to 3 December 2018

Thelma Hughes

Weekly Course, Mon 12:00-14:00

Location : Kent Ave Room 2

Line dancing is a very pleasant form of exercise to music, it is done in a line and does not require a partner. Although classed as a social activity, it exercises both mind & body as the mind has to be active in telling the feet what to do. It is a lovely friendly group, no pressure, just enjoy. In one class session we do 20 or more dances from the vast range of dances we have learnt over the 19 years we have been dancing at Croydon U3A. No new enrolments after start of Term 3 unless prior Line Dancing experience. Sturdy footwear (no thongs, slip ons or bare feet). Prerequisites: Beginners only before 12:30pm. No wait list available. Members can join throughout the year if there is a vacancy. The class will not run if temperature is over 30 degree.

18DAN020 DOT'S LINE DANCING - IMPROVERS/EASY INTE

29 January to 3 December 2018

Thelma Hughes

Weekly Course, Mon 12:30-13:45

Location : Kent Ave Room 2

Prerequisites: Speak to Tutor re previous experience before enrolling. No waiting list available. Members can join throughout the year if there is a vacancy. The course will not run if temperature is over 30 degrees.

No new enrolments after the start of Term 3 unless prior knowledge of Line Dancing. Sturdy footwear (no thongs, slip ons, or bare feet).

18DAN025 SCOTTISH COUNTRY DANCING

2 February to 7 December 2018

Ronald Lucas

Weekly Course, Fri 13:00-15:00

Location : Swim Log Cabin

A fun class in traditional Scottish Ballroom Dancing, a form much admired around the world. Led by dancers of long experience, this is an easy introduction to an international pursuit. There are hundreds of dancers in Victoria alone. Prerequisite: An ability to follow instructions rather quickly. Soft shoes on which advice will be given - ballet pumps will do. A wait list is available if class is full. The class will not run if temperature is over 30 degrees.

EXERCISE :

18EXE005 BUSHWALKING 1ST SAT (8-12 KMS)

3 February to 1 December 2018

Trudi Doblin

Monthly, Sat 9:00-13:00

Location : Outside Venue

We walk with an experienced leader who is well supported by an enthusiastic team. This team of four chooses the program, organizes maps for the monthly walks and checks out every walk before it takes place. Walkers are responsible for their own equipment, safety, fitness and well being; an information sheet is available at the beginning of the course. Ambulance cover is highly recommended. Meeting place for all walks is the car park of Croydon Station on the Kent Ave side near the roundabout for a 9am start. We carpool to minimize our footprint, share the petrol costs and always wear our name tags. Walks within a 30 km radius of Croydon are usually morning walks only; for day walks we travel further afield. Information about the walks is published in the newsletter or available on 9725 9389. Prerequisite - An appropriate level of fitness and some basic equipment, such as waterproof shoes/boots with a good profile sole, a small backpack for water, provisions, mat, hat, rain gear, petrol money and personal items. Using poles takes pressure off the joints and is recommended. Members can join throughout the year if there is a vacancy.

18EXE007 BUSHWALKING 3RD SAT (5-7 KMS)

17 February to 17 November 2018

Trudi Doblin

Monthly, Sat 9:00-13:00

Location : Outside Venue

We walk with an experienced leader who is well supported by an enthusiastic team. This team of four chooses the program, organizes maps for the walks and checks out every walk before it takes place. Walkers are responsible for their own equipment, safety, fitness and well being; an information sheet is available at the beginning of the course. Meeting place for all walks is the car park of Croydon Station on the Kent Ave side near the roundabout for a 9am start. We carpool to minimize our footprint, share the petrol costs and always wear our name tags. Information about the walks is published in the monthly newsletter. Prerequisites: An appropriate level of fitness and some basic equipment, such as waterproof shoes/boots with a good profile sole, a small backpack for water, provisions, mat, hat, rain gear, petrol money and personal items. Using poles takes pressure off the joints and is recommended. Members can join throughout the year if there is a vacancy.

18EXE010 CYCLING - MODERATE 1ST & 3RD TUESDAY

6 February to 4 December 2018

Rob Elliot

First and third weeks, Tue 9:00-12:00

Location : Outside Venue

Cycling mostly on bike paths, mainly through the Eastern suburbs, sometimes on quiet suburban streets. Easy rides of usually 20km to 30km. (Weather permitting). NOTE: 1st & 3rd TUESDAY MONTHLY. TERM 1 START 9 a.m. TERM 2,3,4 START 9.30 a.m. Prerequisites: Roadworthy bicycle including a spare tube in case of puncture. Moderate level of fitness.

18EXE011 CYCLING - FORTNIGHTLY

8 February to 29 November 2018

Chris Simpson

Fortnightly, Thu 9:00-12:00

Location : Outside Venue

Rides usually 35 to 45 kms on 2nd and 4th Thursdays alternating Tuesday rides (18EXE010). Find details of rides in the Newsletters (list will be emailed to participants). Starting 9.30 (9.00 Term 1), usually 4 hours duration, including morning tea. Prerequisites, a suitable fitness level and a roadworthy bike. Longer, faster rides on alternate Thursdays for more capable riders, internally advertised.

18EXE013 TRIPLE C - CYCLE, CHAT & COFFEE

13 February to 27 November 2018

Dierdre Morice

Second and Fourth weeks, Tue 9:30-11:00

Location : Outside Venue

This course will run fortnightly on alternate Tuesdays to the current Tuesday cycling group 18EXE010.

Term 1 : Meet at U3A

Level: Beginners or those returning to cycling after an injury or a long break.

Pre-requisites - Roadworthy bike, able to ride on bike paths, (mostly gravel and quiet footpaths or roads).

Please email Deirdre if you have any further queries

moricede@hotmail.com

18EXE015 FELDENKRAIS

30 January to 4 December 2018

Donna Deland

Weekly Course, Tue 14:30-15:30

Location : Cheong Park

Feldenkrais Awareness Through Movement (ATM) gentle movement based on lessons enabling you to shed old movement habits and replace them with greater ease and efficiency. Done slowly and without strain with close attention paid to sensations involved. Many lessons done lying on floor so ability to get up and down essential (chair can be used to help). Suitable for beginners and experienced Feldenkrais students. Thick Mat required. Prerequisites: Nil

18EXE017 GENTLE EXERCISE

29 January to 3 December 2018

Elaine Lai

Weekly Course, Mon 12:45-13:45

Location : Cheong Park

This course encourages members to have fun, to become active and learn to actually enjoy exercise in a relaxed and supportive environment. The leader will demonstrate all routines and provide assistance when required. Members will be encouraged to work at their own pace and not to push too fast too soon. The main objective is for all members to improve overall fitness, increase energy and vitality, build strength and confidence and build new friendships. The course will also aim to improve flexibility, balance, stretching, tone muscles and develop a holistic approach to health encompassing mind, body and soul. Each class will include gently body movements, stretching exercises, balancing exercises and some minor forms of weightlifting. There will also be a 5-10 minute relaxation. Prerequisites: A pair of suitable weights (eg 1/2 kg, 1kg or 1 1/2kg ... dependent upon individual fitness. Theraband - a resistant elastic band used for light strength training. Water Bottle.

18EXE020 LEARN TO SWIM - TERM 1

31 January to 28 March 2018

Ann Longridge

Weekly Course, Wed 11:00-11:30

Location : Aquahub Civic Square

This Learn-to-Swim course, for the more experienced swimmer, is held at the Aquahub, Croydon, on Wednesday mornings, from 11 a.m to 11.30 a.m (maximum 5 participants). The cost is based on the number of course participants divided into the weekly hire cost of space in the Warm Water pool (multiplied by the number of weeks). Participants are required to pay for the course in advance. Enrolments and payments will be accepted online via the U3A Croydon website or, in person, at the U3A Office.

A weekly Entry Fee is payable on arrival at the Aquahub.

Prerequisites: Goggles and a drink bottle (caps if necessary).

18EXE021 LEARN TO SWIM - TERM 1

31 January to 28 March 2018

Ann Longridge

Weekly Course, Wed 11:30-12:00

Location : Aquahub Civic Square

This Learn-to-Swim course, for new starters, is held at the Aquahub, Croydon, on Wednesday mornings, from 11.30 a.m. to 12 noon (maximum 5 participants). The cost is based on the number of course participants divided into the weekly hire cost of space in the Warm Water pool (multiplied by the number of weeks). Participants are required to pay for the course in advance. Enrolments and payments will be accepted online via the U3A Croydon website or, in person, at the U3A Office.

A weekly Entry Fee is payable on arrival at the Aquahub.

Prerequisites: Goggles and a drink bottle (caps if necessary)

18EXE030 EARLYBIRDS IN THE POOL

7 February to 5 December 2018

Lyn McMahon

Weekly Course, Wed 7:00-10:00

Location : Aquahub Civic Square

Meet in the warm water pool at Croydon Aquahub every Wednesday at 7 a.m and exercise until 8.00 a.m. We are an informal group, doing gentle exercise in the warm water and having a natter. This is followed by a 15 minute relaxation in the spa and then

we shower and change. We meet at Cafe Zingers, 102 Main Street, Croydon for coffee and delectable breakfast, until about 10 a.m. The food is always scrumptious and the time spent together is fun and sociable. No experience necessary. The pool is not deep. Lifeguards are always on duty.

Cost per session (payable at the pool) is \$7.00, \$6.00 Senior or \$5.50 Pensioner. 10% discount for purchase of 10 visits.

Bring your bathers, towel, soap/shampoo and the clothes you will be changing into.

18EXE035 SEATED AEROBICS + WEIGHTS (OPTIONAL)

31 January to 5 December 2018

Joan Edwards

Weekly Course, Wed 10:30-11:40

Location : Kent Ave Room 2

All exercises are done to music and whilst seated on a chair, the aim being to improve fitness without putting pressure on the joints. Everyone works within their own range of movement and at their own pace. This course will not be run if the forecast temperature is going to be 30 degrees or above.

18EXE040 TABLE TENNIS - MONDAY

29 January to 3 December 2018

Ivy Noden-Hill

Weekly Course, Mon 9:45-11:45

Location : Birdwood Scout Hall

MONDAY TABLE TENNIS IS FOR EXPERIENCED PLAYERS ONLY. Play

doubles, mixed mens & ladies. We will play if the temperature is over 30 degrees. Must wear laced up sports shoes with a tread.

The correct shoes must be worn each week.

18EXE042 TABLE TENNIS - THURSDAY

1 February to 6 December 2018

Ray Moorhouse

Weekly Course, Thu 10:00-12:00

Location : Birdwood Scout Hall

Beginners & Experienced players welcome. Doubles & Singles. Prerequisites - Laced up sports shoe with a tread must be worn each week.

18EXE045 TAI CHI - ADVANCED

1 February to 6 December 2018

Jennie Hollis

Weekly Course, Thu 9:30-10:40

Location : Swim Log Cabin

The class begins with Qigong exercises including Shibashi 1,2 and 3 Practising Sun and Beijing 24 Tai Chi. Learning Yang style Tai Chi.

Prerequisites - Must have attended Advanced Tai Chi and be competent in Sun and Beijing 24 Tai Chi styles.

18EXE048 TAI CHI - INTERMEDIATE (1)

1 February to 6 December 2018

Roger Fiddian

Weekly Course, Thu 10:45-11:50

Location : Swim Log Cabin

Class begins with Qigong exercises including Shibashi 1 and 2. Practising Beijing 24.

Prerequisite - Must have done Beginners Beijing 24.

18EXE050 TAI CHI/MEDITATION - BEGINNERS FRIDAY

2 February to 7 December 2018

Toni Marshall

Weekly Course, Fri 9:30-10:30

Location : Swim Log Cabin

Open to those who are willing to laugh. This is a slow moving class and a chair may be used as an aid if required. Prerequisites -

Bring water bottle. The course will not run if temperature is over 30 degrees.

18EXE057 TAI CHI - INTERMEDIATE (2)

1 February to 6 December 2018

Jennie Hollis

Weekly Course, Thu 11:35-12:50

Location : Swim Log Cabin

The class begins with Qigong exercises including Shibashi 1 and 2. Shibashi 3 will be introduced. The whole class will practise Beijing 24 and those class members who know Sun Style will practise this also. Learning a new 'combination' Tai Chi style.

Pre-requisites: Must have attended Intermediate Tai Chi and be competent in Beijing 24 Tai Chi.

18EXE070 YOGA - MONDAY AM

29 January to 3 December 2018

Relaxation, gentle stretches & postures to promote physical and mental well-being. Prerequisite: Yoga Mat, light blanket and small cushion. A Waiting list is available if class is full. Members can join throughout the year if there is a vacancy. The class will run if temperature is over 30 degrees.

Ansje Loveridge

Weekly Course, Mon 9:30-10:45

Location : Cheong Park

18EXE072 YOGA - MONDAY PM

29 January to 3 December 2018

This course will include relaxation, gentle exercises and postures to promote health and well-being. Please bring a yoga mat and towel.

Elaine Lai

Weekly Course, Mon 2:00-3:15

Location : Cheong Park

18EXE077 YOGA - WEDNESDAY

31 January to 5 December 2018

Exercises and postures designed to promote physical and spiritual well being. Prerequisites: A yoga mat

Pam Banfield

Weekly Course, Wed 9:30-10:30

Location : Cheong Park

18EXE078 YOGA - THURSDAY

1 February to 6 December 2018

A yoga session that includes warm ups, gentle poses that prepare for a more challenging yet gentle session. Relaxation and meditation complete each session. All levels are welcome.

Dierdre Morice

Weekly Course, Thu 9:45-11:00

Location : Cheong Park

18EXE082 YOGA - INTERMEDIATE FRIDAY

2 February to 7 December 2018

Must have some previous experience of yoga. Exercises and postures to promote physical and spiritual well-being. A wait list is available if class is full. The class will run if the temperature is over 30 degrees. Members can join throughout the year if there is a vacancy.

Riet Taal

Weekly Course, Fri 11:00-12:15

Location : Glenn Frost Room

GAMES :

18GAM005 BRIDGE FOR BEGINNERS

7 March to 5 December 2018

NOTE:COURSE STARTING MARCH 7TH, 2018

This course will continue to build on skills already learned. How to play, bid and how to select a Bridge partner. New members may join at any time. The first hour will be devoted to tuition and the second to 'play'. Location address: The Yarra Valley Bridge Club, 6 Laurence Grove, Ringwood East. 3135. Bring a notbook and pen. There is a \$5.00 fee each week - payable to YVBC.

Geoff Johnson

Weekly Course, Wed 10:30-12:30

Location : Y.V. Bridge Club

18GAM010 HAND & FOOT A FORM OF CANASTA

31 January to 5 December 2018

Canasta hand & foot is a card game. You are dealt 13 cards for your hand & 13 cards for your foot. We play with 8 packs of cards and each game lasts approx 1 hour. Prerequisites: To have some previous knowledge of playing Canasta.

Rae Bartlett

Weekly Course, Wed 12:45-16:00

Location : Cheong Park

18GAM015 CHESS

1 February to 6 December 2018

Playing chess and solving chess problems. Prerequisites: To have some knowledge of the game.

Tom Kenney

Weekly Course, Thu 9:30-12:45

Location : Kent Ave Room 1

18GAM022 CRYPTIC CROSSWORDS

30 January to 4 December 2018

Informal, fun and interactive. As no-one knows the answer to every clue, we brainstorm out loud. Then we discuss each answer in detail, learning as we go.

Yvonne Emerton

Weekly Course, Tue 9:30-11:00

Location : Keystone Clubrooms

18GAM025 MAHJONG

29 January to 3 December 2018

Lola Fogarty

Weekly Course, Mon 13:00-15:00

Location : Kent Ave Room 3

An ability to build a basic hand in ONE suit only of pongs/kong's which may include honour tiles and a chow. THERE IS NO LONGER A BEGINNERS CLASS. COMPUTER MAHJONG IS NOT BASIC MAHJONG. BEFORE ENROLLING IN THIS CLASS PLEASE CONTACT THE TUTOR - LOLA 9870 7517 TO SEE WHETHER YOU HAVE ACHIEVED THE APPROPRIATE SKILL LEVEL. A waiting list is available if class is full. Members can join throughout the year if there is a vacancy. The course will not run if temperature is over 30 degrees. Prerequisites: Ability to play ordinary Mahjong (Not Computer Mahjong)

18GAM026 MAHJONG - SOCIAL - NO BEGINNERS

31 January to 5 December 2018

None

Weekly Course, Wed 10:45-12:15

Location : Kent Ave Room 1

Learn the ancient Chinese game of Mahjong that is 'challenging to learn, fascinating to play and satisfying to win.' Playing with others using tactile pieces (or tiles) is much more fun than playing the game on the computer. Evelyn and Janet will teach you the protocol of setting up the game, playing the ordinary hand and gradually you will learn 15 other hands to help you win the game. MUST KNOW HOW TO PLAY.

18GAM028 RUMMIKUB

1 February to 6 December 2018

Marlene Roberts

Weekly Course, Thu 13:15-15:15

Location : Cheong Park

A table game played with numbered tiles. Not serious. Fun & friendship. Prerequisites: None

18GAM033 500 CARD GAME

1 February to 6 December 2018

Helen Wilson

Weekly Course, Thu 13:00-15:30

Location : Kent Ave Room 3

500 card game is a very enjoyable way of interacting with others who also play. We mainly play as a 4 however, if numbers are down it can be played with 3 and a dummy hand. Experienced players very welcome. Prerequisites: To have played 500 before. Recent experience is not essential.

HISTORY :

18HIS005 AUSTRALIAN HISTORY

2 February to 7 December 2018

Philip Daniell

Weekly Course, Fri 10:00-11:00

Location : Keystone Clubrooms

We talk about Australia and mostly have input from our members. Outside speakers are invited to address the class. We encourage members to give a short talk about their favourite topic. Prerequisites: None

18HIS020 EXPLORE MELBOURNE

6 February to 4 December 2018

Gwen Owen

Monthly, Tue 8:00-16:00

Location : Outside Venue

Public transport outings for active people to places of interest in and around Melbourne. Outings are monthly March to October. Full details of destination, train and tram times will be advertised in the Croydon U3A newsletter. Our preferred day is Tuesday. Please read criteria carefully. Name badges must be worn.

CRITERIA - BEFORE ENROLLING AND TAKING PART IN THE ACTIVITY GROUP 'EXPLORE MELBOURNE', YOU NEED TO BE AWARE THAT MOST OUTINGS INVOLVE NEGOTIATING SOME OR ALL OF THE FOLLOWING: TRAINS, TRAMS, BUSES, ESCALATORS, STAIRS, STEPS AND UNEVEN GROUND. IT IS ESSENTIAL THAT THOSE CHOOSING TO PARTICIPATE IN THESE ACTIVITIES ARE INDEPENDENTLY MOBILE. NO CARER ASSISTANCE IS PROVIDED. OUTINGS MAY INVOLVE WALKING OVER 5 KLMS.

18HIS024 FAMILY HISTORY

1 February to 6 December 2018

Yvonne Emerton

Weekly Course, Thu 10:00-12:15

Location : Keystone Clubrooms

Sharing our discoveries. Occasional visits to research centres with access to computers. Learn more about genealogical sources and how to interpret your findings. Gain an understanding of genealogical terms. This course will not have a waiting list - enrol at the start of the year for the full year.

HUMANITI :

18HUM005 BOOK CLUB-TURN THE PAGE - 3RD MON

19 February to 19 November 2018

Pat Cavanagh

Monthly, Mon 11:00-12:00

Location : Keystone Clubrooms

Do you-tend to read the same kind of books? Do you-enjoy reading, but find it is a solitary activity? Join our book club. The library selects books for us and you may discover different writers, different styles, and different topics. Share your responses with the group as we dicuss books we love and books we love to hate at our monthly meetings.2018 fee \$35.00 pa. per member due and payable on enrolment. This fee is forwarded to the Eastern Regional Library. NOTE: 3rd MONDAY MONTHLY Pre-requisites: None. Waiting list is available if class is full. Members can join throughout the year if there is a vacancy.

18HUM007 BOOK CLUB-NARRATIVE & NATTER - 3RD T

20 February to 20 November 2018

Pat Cavanagh

Monthly, Tue 13:00-14:00

Location : Keystone Office

Do you - tend to read the same kind of books? Do you - enjoy reading, but find it is a solitary activity? Join our book club. The library selects books for us and you may discover different writers, different styles, and different topics. Share your responses with the group as we discuss books we love and books we love to hate at our monthly meetings. 2018 fee \$35.00 p.a per member due and payable at enrolment. This fee is forwarded to the Eastern Regional Library. Note we meet on the third Tuesday of the month. Prerequisites: None.

18HUM009 BOOK CLUB-ST GEORGES - 1ST WED.

31 January to 5 December 2018

Beth Dooley

Monthly, Wed 13:00-14:00

Location : Outside Venue

Read and discuss books. Members to share leading the discussions. 2018 fee \$35.00 p.a. per member due and payable at enrolment. This fee is forwarded to the Eastern Regional Library. 1st WEDNESDAY MONTHLY Prerequisites: None.

18HUM013 KEYSTONE BOOK CHAT - 2ND MONDAY

12 February to 12 November 2018

Sue Martin

Monthly, Mon 11:00-12:15

Location : Keystone Clubrooms

Do you like reading? People in our group love it. Join us, tell us about what you have been reading. Listen to what others have enjoyed. With our group you give and you get in return. Come, be surprised and get lots of ideas to feed your love of reading. Book Chat meets 2nd Monday of the month. Wait list is available if class is full. Members can join throughout the year if there is a vacancy.

18HUM018 CURRENT AFFAIRS

1 February to 6 December 2018

John Penwill

Weekly Course, Thu 11:30-13:00

Location : Cheong Park

Participate in lively discussion and debate on a wide range of international and local events and issues in a friendly atmosphere. Different perspectives and views will be analysed and encouraged. Members are welcomed to enrol during the year. Yes, members will be wait listed if enrolments exceed 18. Course will run if the temperature exceeds 30 degrees venue air-conditioned

18HUM020 DIGITAL CAMERA-BASIC-TERM1

31 January to 28 March 2018

Brian McCarron

Weekly Course, Wed 13:30-15:00

Location : Keystone Clubrooms

'Know your Camera' An introduction to the digital camera, covering menus, modes, ISO, exposure compensation, composition etc. If you have any queries regarding the course, contact the Leader on 9726 6950 during the week before term commencement. Prerequisites: No prior knowledge required. This class is for beginners. Bring charged camera & camera manual. There will be a small fee for photocopying. THIS IS A ONE-TERM COURSE, REPEATED EACH TERM. NOTE: AS THIS COURSE FOLLOWS A STRUCTURED FORMAT, NO NEW ENTRANTS WILL BE ACCEPTED AFTER THE COMMENCEMENT OF THE TERM. ANYONE ON THE WAIT-LIST FOLLOWING COMMENCEMENT IS ADVISED TO ENROL NOW FOR NEXT TERM.

18HUM028 DIGITAL CAMERA-ADVANCED-TERM 1

2 February to 23 March 2018

Brian McCarron

Weekly Course, Fri 13:00-14:30

Location : Glenn Frost Room

MEMBERS MUST FIRST HAVE COMPLETED THE DIGITAL CAMERA BASIC COURSE, although acceptance into this 'Advanced' Course may also be appropriate for members who already have considerably more than a basic understanding of their digital cameras. This 'Advanced' class is NOT a 'Basic' camera class. It is designed for those who already have a solid understanding of their cameras, and who already understand the meaning and application of (e.g.) 'White Balance', 'Exposure compensation: 'ISO', 'Noise', 'Resolution', etc. Also, cameras for this 'Advanced' class will need to have 'Manual' mode settings available- for example, 'A', 'AV', 'S', 'TV', 'M', etc. This an opportunity for anyone who wants to explore their camera's very important but lesser-used (never-used??) functions. The class tends to follow a broad-ranging question-and-answer and knowledge-sharing format. Prerequisites: Bring your comprehensive camera Manual, and camera (with fully charged batteries), to class each week. There will be a small charge per term for printing. A waitlist is available if the class is full. ANYONE ON THE WAIT-LIST FOLLOWING COMMENCEMENT IS ADVISED TO ENROL FOR THE NEXT TERM. NOTE: IT IS REQUESTED THAT MEMBERS CONTACT THE COURSE TUTOR BEFORE ENROLLING, TO ASCERTAIN WHETHER OR NOT THE COURSE IS APPROPRIATE FOR THEM. THIS COURSE RUNS FOR ONE TERM. Members can join during the term there is no restriction providing a vacancy exists.

18HUM038 DINNER DATE

6 February to 4 December 2018

Robyn Gill

Monthly, Tue 18:00-21:30

Location : Outside Venue

Location: Outside Venue dinners are held on either the first Tuesday, Wednesday or Thursday of each month at local restaurants. Members will be advised of the venue in preceding weeks. PLEASE PHONE ROBYN GILL ON 0413450780 TO MAKE A BOOKING. IF LEAVING A MESSAGE, PLEASE GIVE YOUR RETURN PHONE NUMBER and assume that you are registered. You will only receive a return call if there is a problem. Bookings close 2 days before the event.

18HUM041 HISTORY OF EARLY RELIGION

2 February to 29 June 2018

David Miller

Weekly Course, Fri 12:30-14:30

Location : Kent Ave Room 1

THIS COURSE WILL RUN FOR TERMS 1 and 2.

Early Religion: An Alternative History

The course will commence by looking at the various historical and archaeological theories as to how and why the Judaic and Zoroastrian religions arose out of the Indo-European, Semitic and Dravidian background. We will consider how and why this gave rise to Christianity.

We will then have a close look at three Gnostic Christian "heresies":- Marcionites, Valentinians and Manichaeans.

Wait list available.

18HUM045 HOLISTIC AND INTUITIVE DEVELOPMENT

30 January to 4 December 2018

Maria Kurdian

Weekly Course, Tue 11:00-12:30

Location : Keystone Clubrooms

This class is about learning and extending our knowledge of the invisible energies around us, being able to understand them and incorporate them in our day to day visible life. A healthy friendly discussion will be encouraged as well as an occasional speaker on a particular subject will be invited. We will expand on the subjects we learned so far and tap into new ones. For more information please ring Maria on 9762 2189.

18HUM051 MEDITATION - GUIDED

29 January to 3 December 2018

Maria Kurdian

Weekly Course, Mon 11:00-12:30

Location : Cheong Park

Meditation is about learning to calm your mind and relax your body. It a progressive process that requires regular attendance to be able to synchronise your mind, body and soul, and experience the benefits of the positive changes that will occur in your life. Today these benefits are acknowledged and incorporated on a day to day basis in hospitals (to increase the process of healing), in schools (benefiting concentration and behaviour) and in various business and fitness centres to encourage relaxation and clarity of thought. Join us and experience meditation in a friendly environment with like minded people.

18HUM052 ONCE UPON A STORY

1 February to 6 December 2018

Avis Hart

Weekly Course, Thu 12:45-14:15

Location : Keystone Clubrooms

Did you make you up? And if you did, why not change you? Or would that be a lie? Well, what's a lie but a different story? Freud called his case histories 'healing fictions'. In this psycholitic class (joke) we'll try re-writing life. Warning - there'll be quite a bit of homework.

18HUM053 MYTHOLOGY ADVENTURE

5 February to 3 December 2018

Peter Uren

Weekly Course, Mon 9:15-10:45

Location : Keystone Clubrooms

An Introductory Exploration to the Wondrous World of Mythology. This course is for beginners.

Come on an exciting, action packed adventure with us as we explore the wondrous world of Ancient Greek and Roman mythology. We'll take you from the heights of Mount Olympus to the depths of the underworld. We explore the origins of creation and nature of myths before travelling on to meet the ancient Gods, Zeus, Poseidon, Hermes and Artemis to name but a few.

We'll mourn the tragic life of Oedipus and be captivated as we stare into a lily pool with Narcissus. We'll discover monsters, satyrs and unicorns before getting on the boat with Jason and the Argonauts to discover the elusive golden fleece. Fly with Pegasus, almost touch the sun with Apollo before grabbing our binoculars to view the nine year Trojan war from a safe distance.

Please Contact Peter for further information.

Share a coffee with the mighty Hercules as he takes a well earned rest from his twelve labours. See you in the first class.

18HUM054 PHILOSOPHY: THE WORLD & OUR PLACE IN IT?

31 January to 27 June 2018

Paul Martin

Fortnightly, Wed 11:45-13:15

Location : Keystone Clubrooms

PHILOSOPHY: REFLECTIONS ABOUT THE WORLD AND OUR PLACE IN IT.

Philosophy, at least in what is called its Western tradition, is the oldest academic discipline. The work comes from two Greek words, 'philos' ('lover') and 'sophia' ('wisdom'). The 2018 course will look at very different content, thinking and ways of doing philosophy to that offered by the 2017 course.

TERM 1 This part of the course will tap into the areas of philosophy referred to Metaphysics and Epistemology. It will explore the following -

- A brief intro to the question 'What is Philosophy?'
- Can we say there is such a thing as free will?
- What is time?
- What has philosophy to say about the existence and nature of God?
- What can we say about the difference between belief/opinion and the certainty associated with knowledge?
- What kind of view of the world does science provide?

TERM 2 The Philosophy of Mind, Consciousness and Questions about Identity = Can Laws of physics explain everything about us? What have ancient and modern thinkers to say about ideas such as 'psyche' (often called 'soul') and 'mind'? Term 2 will see us look at:

- Distinction between the mental and the physical, and why this may be important.
- Ideas about the nature of mind
- Ideas about identity (Do we have a fixed identity)
- What can we say about what we know about the minds of others.
- What is a person?
- Philosophy, science and the problems of consciousness.

THIS UNIT IS A HALF-YEAR (ONE SEMESTER) LENGTH COURSE. IT MAY CONTINUE INTO SEMESTER 2 DEPENDING ON DISCUSSIONS BETWEEN THE TUTOR AND PARTICIPANTS. CLASSES WILL BE HELD ON WEDNESDAYS EVERY SECOND WEEK.

THIS UNIT DOES NOT PRESUME THAT PARTICIPANTS HAVE COMPLETED ANY FORMAL STUDIES IN PHILOSOPHY. PLEASE RING ME TO SEE WHETHER THIS IS THE KIND OF COURSE YOU EXPECT Paul 0422 389 221.

18HUM060 POTTED POETS

31 January to 5 December 2018

Jim Dooley

Weekly Course, Wed 10:00-12:00

Location : Outside Venue

We read and discuss poetry from many times and places including most recent and Australian writing. 'Potted' means breadth, not mastery. We're not a writing group.

Prerequisites: None. There will be a small charge for photocopying of \$1.00 per week (approx).

18HUM064 READING LITERATURE

2 February to 22 June 2018

Paul Martin

Fortnightly, Fri 12:30-14:00

Location : Keystone Clubrooms

Some say that thanks to social media we don't rely on a critical interpretation of texts to tell us what's good any more but 'Reading Literature' is not about telling you but inviting you to discover what analysis and your own creative responses to literature can offer you as an individual.

This course is designed to introduce you to the principal genres of imaginative literature-fiction, poetry, drama, short stories as well as film-while offering you an understanding of some technical concepts and skills to do with reading literature. We will use a selection from English and World literature in our classes and will take the opportunity to develop an awareness of other people, places and cultures through the ways that our texts represent the human condition. The course will examine the dynamic nature of language in the set texts and this will help develop an understanding of how multiple readings become available through the process of reading and discussions.

. The course will cater for participants who enjoy reading but who do not necessarily have any formal study background relating to Literature.

. The texts we will select from will be both print and non-print.

. Participants will be given an opportunity (not a compulsory part of the course) to complete some creative writing of their own.

. This course may be of interest to people who are members of book groups or book chat groups. It will offer perspectives on reading texts and may complement what occurs in these groups.

. IT MUST BE NOTED, HOWEVER, THAT IT IS NOT A SUBSTITUTE OR ALTERNATIVE TO BOOK OF BOOK CHAT GROUPS.

. You will be required to buy three texts for this course (titles available mid January 2018)

If you have any queries about this course please call Paul Martin 0422 389 221.

Course may be continued for Semester 2 - after discussion with participants.

18HUM068 SPEECHCRAFT - TUESDAY

30 January to 4 December 2018

Philippa Pavillard

Weekly Course, Tue 14:00-15:30

Location : Kent Ave Room 3

The purpose of Speechcraft classes is to help people to enjoy improving their speaking skills in a friendly and undemanding environment. Learn how to speak confidently and comfortably within a small/medium size group.

We socialise after classes, and have lunches during the holiday break. Our motto is 'Speechcraft is Fun'

A waiting list will be kept. VISITORS ARE VERY WELCOME.

18HUM069 SPEECHCRAFT - FRIDAY

2 February to 7 December 2018

Philippa Pavillard

Weekly Course, Fri 14:00-15:30

Location : Kent Ave Room 3

The purpose of Speechcraft classes is to help people to enjoy improving their speaking skills in a friendly and undemanding environment. Learn how to speak confidently and comfortably within a small/medium size group. We socialise after classes and have lunches during the holiday break.

A waiting list will be kept. VISITORS ARE VERY WELCOME

LANGUAGE :

18LAN005 FRENCH LEVEL 1

29 January to 3 December 2018

Janine Ochsenbein

Weekly Course, Mon 13:00-14:30

Location : Keystone Clubrooms

French Level 1 is for students with some elementary knowledge of French eg internet courses or did it at school.

Text to be announced.

PARTICIPANTS MUST CONTACT JANINE 9723 8542 PRIOR TO ENROLLING.

18LAN010 FRENCH LEVEL 2

1 February to 6 December 2018

A basic knowledge of French is required. Text 'Interactions 3 Level A2' ISBN 978-209-038-703-2 CLE International Paris 2014.

Prerequisites: Must have completed French level 1 or have previous knowledge. PARTICIPANTS MUST CONTACT JANINE 9723 8542 PRIOR TO ENROLLING.

Janine Ochsenbein

Weekly Course, Thu 9:30-11:30

Location : Kent Ave Room 3

18LAN015 FRENCH LEVEL 3

31 January to 5 December 2018

A stimulating course for the intermediate - advanced student of French. Possibility of obtaining an external certificate at B1 Level (not compulsory). Text: 2017 students keep Echo B1.2, another text will be added.

Prerequisites: Students must have previous knowledge of French, preferably Year 10 level or above. Please consult Janine on 9723 8542 before enrolling.

Janine Ochsenbein

Weekly Course, Wed 13:00-15:00

Location : Kent Ave Room 3

18LAN020 FRENCH BEGINNERS 1ST YEAR

2 February to 7 December 2018

As this is the first year, a knowledge of French is desirable. A waiting list is available if class is full. Members can join throughout the year if there is a vacancy.

18LAN025 FRENCH INTERMEDIATE

31 January to 5 December 2018

Come and join our small friendly group to practise and improve your spoken French.

Prerequisites - Members must know some French. PLEASE CONTACT TUTOR MARIANNE ON 9726 8767 TO CHECK IF THIS COURSE IS SUITABLE FOR YOU.

Onre Dossena

Weekly Course, Fri 9:30-11:00

Location : Glenn Frost Room

Marianne Maltig

Weekly Course, Wed 9:30-11:30

Location : Keystone Clubrooms

18LAN030 GERMAN LEVEL 0 TO 1

30 January to 4 December 2018

A stimulating introductory course in basic German. Students who are complete beginners please contact Janine 9723 8542 before enrolling.

Janine Ochsenbein

Weekly Course, Tue 10:00-12:00

Location : Kent Ave Room 1

18LAN035 GERMAN LEVEL 2

31 January to 5 December 2018

Students must have completed Level 1 of German or have other previous knowledge of German. Text to be advised. Please contact Janine 9723 8542 before enrolling.

Janine Ochsenbein

Weekly Course, Wed 10:00-12:00

Location : Kent Ave Room 3

18LAN040 GERMAN CONVERSATION

30 January to 4 December 2018

Practise your German in a friendly group. Prerequisites: Must be able to converse in German.

Peter Duss

Weekly Course, Tue 12:15-13:45

Location : Kent Ave Room 1

18LAN045 ITALIAN BASIC CONVERSATION

29 January to 3 December 2018

Italian conversation using poetry, songs and readings to be able to converse in Italian. The class book is 'Italian Conversation' - Marcel Danesi (Publisher McGraw Hill).

Ingun Tonon

Weekly Course, Mon 11:45-13:15

Location : Kent Ave Room 1

MUSIC :

18MUS005 CROYDON U3A SINGERS

31 January to 5 December 2018

Alan Strachan

Weekly Course, Wed 13:30-15:00

Location : Swim Log Cabin

Croydon Singers is a non-auditioned choir for all people who enjoy singing and/or would like to learn more. We sing mainly well known songs, and musical comedy excerpts, and enjoy working on our own interpretations of the music, including harmony where appropriate. We perform at nursing homes, aged care facilities, and for community groups. We wear black clothes with an added coloured scarf which we provide. You will need a black four-ring binder and plastic sleeves to hold your music. The only charge is a few dollars at the beginning of the year to cover photocopying. Prerequisites - None

18MUS015 GUITAR & UKULELE

29 January to 3 December 2018

Colin McLaren

Weekly Course, Mon 9:30-11:30

Location : Swim Log Cabin

Initially, this course will only be available to members who were enrolled in this course in 2017 due to the heavy investments that they have made in instruments, equipment and music. New members are, however, most welcome to enrol but will be place on a 'Wait List' until such time as a vacancy occurs, and acceptance will be chronologically based on the date and time of enrolment.

Come along and enjoy yourself while learning to play and sign as a group. A term fee of \$5.00 is payable to cover morning tea and music. In addition to players of guitar and ukulele, players of other compatible acoustic instruments (e.g harp, banjo, mandolin, fiddle) are welcome to participate with the approval of the Tutor.

Prerequisite: members will need to be reasonable competent musicians.

DO NOT PURCHASE AN INSTRUMENT UNTIL YOUR ENROLMENT HAS BEEN CONFIRMED AND YOU HAVE SPOKEN WITH A TUTOR.

SCIENCE :

18SCI005 ASTRONOMY - INTRODUCTION

30 January to 4 December 2018

Bruce Dodd

Weekly Course, Tue 14:00-15:15

Location : Kent Ave Room 1

Come and join a friendly group studying the stars, planets, moons etc. This does not include Astrology (I cannot predict someone's destiny!) Prerequisites: Just enthusiasm.

18SCI010 GARDENING

27 February to 27 November 2018

Lorri Hayes

Monthly, Tue 14:00-15:30

Location : Outside Venue

Tutor is prepared to be guided by members' interests - topics which may be covered: plant placement/choices/care: topiary: propagation: looking after tools (danger of pathogens) preparation for various seasons: weeds (info about noxious): composting. Contact Tutor Lorri 0401 858 067 for venue address- Mooroolbark. Members to bring along gardening gloves and wear shoes with non-slip soles. PLEASE NOTE - THIS GROUP MEETS ON THE LAST TUESDAY OF THE MONTH. Course will not run if temperature above 30 degrees. A wait list will apply.