



U3A CROYDON INC

SHARING KNOWLEDGE AND SKILLS

2019 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

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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 5 th Apr 2019
Term Two	23 rd April to 28 th June 2019
Term Three	15 th July to 20 th September 2019
Term Four	7 th October to 6 th December 2019

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.

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ART : ART-SKETCH & WATERCOLOUR

19ART001 SKETCH & PAINT CLASS

29 January to 3 December 2019

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.

Josephine Parkinson

Weekly Course, Tue 9:00-12:00

Location : Swim Log Cabin

19ART002 ACRYLIC PAINTING WITH INEKE

29 January to 3 December 2019

To help students achieve their own ideas of what they would like to paint and for them to smile with pride when they've finished. Ineke will provide guidelines, Phone No. 0430 064 444

Ineke Gardam

Weekly Course, Tue 9:00-12:00

Location : Swim Log Cabin

19ART005 WATERCOLOUR - A - UNTUTORED

4 February to 2 December 2019

Practise watercolours in a relaxed atmosphere. This is an UNTUTORED CLASS where we share knowledge and ideas. Bring your own equipment and enthusiasm.

Jenny Tiller

Weekly Course, Mon 12:00-15:00

Location : Swim Log Cabin

19ART010 WATERCOLOUR - ADVANCED - B

30 January to 4 December 2019

Previous experience in watercolour.

The aim is to acquire experience and improve techniques in the medium of watercolour. Sharing ideas, knowledge & enthusiasm. Some tutoring in colour mixing composition and techniques.

Jenny Tiller

Weekly Course, Wed 9:00-12:00

Location : Swim Log Cabin

COMPUTER : COMPUTER-MICROSOFT BASICS TO ADVANCED LEVELS PLUS IPAD

19COM001 COMPUTER LEVEL 1 - TERM 1

1 February to 1 March 2019

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, create files & folders, understand the 'ribbon', the components of your computer plus spell checking. 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.

Trevor Bellinger

Weekly Course, Fri 13:00-14:30

Location : Keystone Office

19COM010 COMPUTER LEVEL 2 - TERM 1

31 January to 4 April 2019

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 Microsoft Office 2007 or later version (2010, 2013 or 2016). 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.

Joy Bellinger

Weekly Course, Thu 11:00-12:30

Location : Keystone Office

19COM020 COMPUTER LEVEL 3 - TERM 1

1 February to 5 April 2019

Trevor Bellinger

Weekly Course, Fri 11:00-12:30

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.

19COM025 COMPUTER CONVERT LPS & AUDIO TO CD - T1

29 January to 2 April 2019

Geoff Kidd

Weekly Course, Tue 11:00-12:30

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.

19COM032 COMPUTER PHOTO REPAIR & ENHANCEMENT - T1

31 January to 4 April 2019

Joy Bellinger

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. IMPORTANT: YOU MUST CONTACT TREVOR BELLINGER 9729 9308 PRIOR TO ENROLLING.

19COM040 IPAD FOR BEGINNERS - TERM 1

30 January to 3 April 2019

Trevor Bellinger

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.

19COM046 MASTERING THE INTERNET - TERM 1

19 February to 2 April 2019

Ian Tuffs

Weekly Course, Tue 9:00-10:15

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.

19COM047 PASSWORDS, FOLDERS & ATTACHMENTS

5 February to 12 February 2019

Ian Tuffs

Weekly Course, Tue 9:00-10:15

Location : Keystone Office

This course is for members looking to:

1. Set strong passwords & how & where to store and retrieve passwords.
2. Setting up folders in email programs, the placement of files in those folders.
3. The pinning of attachments to your emails & opening attachments in received emails.

You will be shown how to use passwords apps such as LastPass and the use of spreadsheets and USBs to store sensitive passwords. The course will also cover creating folders in your email program to store your photos & documents, and the steps needed to attach photos/documents to emails.

Interested members should contact Ian on 9723 4342 or by email iantuffs@gmail.com

19COM060 MICROSOFT PUBLISHER - PART 1-TERM 1

31 January to 4 April 2019

Joy Bellinger

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. IMPORTANT: YOU MUST CONTACT TREVOR BELLINGER 9729 9308 prior to enrolling. Must be very proficient with the use of the computer. MUST HAVE MICROSOFT PUBLISHER PROGRAM ON YOUR 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.

19COM070 COMPUTERS-WINDOWS 10 TERM 1

29 January to 2 April 2019

Joy Bellinger

Weekly Course, Tue 13:00-14:30

Location : Keystone Office

Note: \$20 Computer fee to be paid by cash or cheque before course commences. Are you confused by how to use Windows 10? This class will show you how to understand and make full use of the Windows 10 operating system and discover its many features. You will need to have a good understanding of previous operating systems such as Windows 7 and beyond. IMPORTANT: YOU MUST CONTACT TREVOR ON 9729 9308 PRIOR TO ENROLLING. EVERYONE WHO ENROLS WILL BE PLACED ON A WAIT LIST UNTIL THEY ARE ASSESSED BY COMPUTER COURSE CO-ORDINATOR AS TO THEIR SUITABILITY FOR THE COURSE.

19COM074 COMPUTERS-ONE DRIVE CLOUD STORAGE

19 February to 5 March 2019

Joy Bellinger

Weekly Course, Tue 13:00-14:30

Location : Keystone Office

OneDrive is Microsoft's service to store, sync & share files including photos in the "cloud". Access your files & folders you have saved on OneDrive by using any computer, smartphone or tablet provided you have an internet connection. Share it with other people by giving them access. Not only does it save you space on your own computer, but can be used as an offsite backup for all your files. You can learn all about this by attending this course.

IMPORTANT: YOU MUST CONTACT TREVOR ON 9729 9308 PRIOR TO ENROLLING. EVERYONE WHO ENROLS WILL BE PLACED ON A WAIT LIST UNTIL THEY ARE ASSESSED BY COMPUTER COURSE CO-ORDINATOR AS TO THEIR SUITABILITY FOR THE COURSE.

PREREQUISITES: To be able to take part in this course you will need to have a Microsoft Account and be able to access your email address and insert your password even though you may not use a password on your own computer.

If you need any more information on this call Trevor or Joy 9729 9308

19COM078 COMPUTERS-MAIL MERGING DOCUMENTS

19 March to 26 March 2019

Trevor Bellinger

Weekly Course, Tue 13:00-14:30

Location : Keystone Office

Mail Merging is used to create multiple documents at once. These documents have identical layout, text & graphics. Only specific sections of each document vary & are personalized. Documents which can be created in a Mail Merge include bulk labels, letters, envelopes, invitations & even emails.

An advantage of Using Mail Merge- This feature saves your time & efforts. Producing mass mailings, is much simplified, especially compared to the process of preparing individual letters, invitations, labels & emails to many people.

IMPORTANT: YOU MUST CONTACT TREVOR ON 9729 9308 PRIOR TO ENROLLING. EVERYONE WHO ENROLS WILL BE PLACED ON A WAIT LIST UNTIL THEY ARE ASSESSED BY COMPUTER COURSE CO-ORDINATOR AS TO THEIR SUITABILITY FOR THE COURSE.

PREREQUISITES: Students must be confident in using the computer & possess more than basic computer skills.

**CRAFT : CRAFT-BEADING, CARD MAKING, FURNITURE
RESTORATION, PATCHWORK, LEADLIGHTING**

19CRA005 BEADING

1 February to 6 December 2019

Helen Stok

Weekly Course, Fri 10:00-12:00

Location : Kent Ave Room 1

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.

19CRA015 DESIGNER CARDS

29 January to 3 December 2019

Lesley Downey

Weekly Course, Tue 9:30-11:30

Location : Cheong Park

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.

19CRA020 CREATIVE CRAFT

4 February to 2 December 2019

Trish Davis

Weekly Course, Mon 9:00-11:30

Location : Kent Ave Room 3

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.

19CRA022 CANDLEWICKING - TERM 1

4 February to 1 April 2019

Peggy Meade

Runs 1 term, Mon 9:30-11:00

Location : Keystone Clubrooms

Candlewicking is a form of traditional embroidery, sewing large knots on cotton or linen fabric. This craft is experiencing a revival, it is easy to learn and quick to stitch and can be picked up and put down when time or interest allows. This class is suitable for beginners or experienced stitchers and is for one Term only. You can bring your own materials or Peggy can supply them for you at a nominal cost. Ring Peggy on 0418 348 177 if you need more information.

19CRA025 FURNITURE RESTORATION

4 February to 2 December 2019

Nelson Riquelme

Weekly Course, Mon 9:00-11:30

Location : Kent Ave Room 2

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

19CRA030 LEADLIGHTING

4 February to 2 December 2019

Loretta Rees

Weekly Course, Mon 9:00-12:00

Location : Kent Ave Room 2

Fairly good eyesight & steady hand is needed to cut glass.

Instruction is given in lead lighting and copper foiling.

You will have the opportunity to learn how to create sun catchers, lampshades, door side lights etc.

COPPERFOILING involves cutting glass accurately using a pattern, then wrapping the edges of each piece of glass in your project with a copper foil tape. The pieces are then joined by soldering them together on both front and back which creates a metal framework that holds the glass pieces together. LEADLIGHTING (commonly used to make windows & larger panels) involves cutting glass accurately to match a pattern and then the pieces of glass are joined together using lead came. These pieces of lead are then soldered together and the panel is finished with cement or putty. The following website provides a good insight into the process:

<https://hubpages.com/art/leadlighting-Tutorial-Lesson-1-Glass-Cutting-For-Stained-Glass-Leadlights>.

Students must be prepared to buy their own tools. Tools include a glass cutter, running pliers, grozling pliers & a soldering iron. These will set you back about \$100-200 new. Most members go on to buy a glass grinder (\$200-300). The consumables are glass (a 30cmx30cm piece costs \$20-40), solder, lead came, flux and copper foil.

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.

19CRA033 PATCHWORK - FRIDAY

1 February to 6 December 2019

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.

19CRA035 PATCHWORK - TUESDAY

29 January to 3 December 2019

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

19CRA039 SCRAPBOOKING

29 January to 3 December 2019

Ruth Cannon

Weekly Course, Tue 11:45-13:45

Location : Cheong Park

Fun group of girls making lovely memory albums. Grand children, family, heritage, lovely memories to look back on.

19CRA042 UFOS - UNFINISHED CRAFT OBJECTS

30 January to 4 December 2019

Lyn McMahon

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., quilting, beading, mosaics, knitting, crocheting, embroidery, card-making, candlewicking, 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 : DANCING-SCOTTISH, LINE & BALLROOM

19DAN005 BALLROOM DANCING

31 January to 5 December 2019

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. The afternoon is filled with instruction and social dancing. Please wear appropriate supportive footwear. Class will not take place if temperature is over 30 degrees.

19DAN010 DOT'S LINE DANCING/ BEGINNERS - MON

4 February to 2 December 2019

Elly Raaymakers

Weekly Course, Mon 12:00-13:30

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.

19DAN020 DOT'S LINE DANCING - IMPROVERS/EASY

4 February to 2 December 2019

Kay Jones

Weekly Course, Mon 12:30-13:30

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

The class will not run if temperature is over 30 degree.

19DAN025 SCOTTISH COUNTRY DANCING

1 February to 3 December 2019

Ron 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 : EXERCISE-WALKING, CYCLING, SWIMMING, YOGA, TAI CHI ETC

19EXE005 BUSHWALKING SATURDAY

2 February to 7 December 2019

Trudi Doblin

Fortnightly, Sat 9:00-16:00

Location : Outside Venue

We offer a wide variety of walks on the 1st and 3rd Saturday of each month and encourage you to explore & discover our natural environment around greater Melbourne through exercise. This course will combine both, the easy and medium walking groups, & the length of the walks will be between 5 & 12 km, morning or day walks to choose from. The program will be available at the beginning of each term & confirmed when the walks have been checked out by the leaders. Participants are responsible for their own fitness, safety & well-being & also provide their own equipment, such as waterproof shoes/boots with a good profile sole, a small back pack for water, provisions, mat, hat, rain gear, petrol money. Using poles takes pressure off the joints & is recommended, also ambulance cover. The meeting place for all walks is the car park at Croydon Station near the Kent Ave roundabout for car pooling & a 9am departure. An information sheet will be available at the beginning of the year.

Members can join throughout the year if there is a vacancy.

19EXE006 EXPLORE WITH ME

8 February to 8 November 2019

Geoff Steventon

Monthly, Fri 9:00-16:00

Location : Outside Venue

Full day bushwalking guided by instruction from reputable sources. Car pooling from Fred Geale Oval, Norton Rd. walks selected will be of moderate difficulty and will generally be at least 10 km. Note: Course: 2nd Friday of each month (including School Holidays) No walking on total fire ban days. Also subject to inclement weather forecast e.g. strong winds.

19EXE008 BIRD WATCHING/BIRD PHOTOGRAPHY

20 February to 12 June 2019

Ken Harris

Monthly, Wed 8:00-12:00

Location : Outside Venue

This group is for people who would like to learn more about birding and/or bird photography. Participants may be at any level from complete beginner to competent. We envisage the group starting our walks together and if opportunities present themselves a limited number of the group could choose to say with Kim to learn some in-field tips relating to ethical bird photography.

The walks will cover 2km to 3km and occupy 2 to 3 hours. Walks will normally occur on the 2nd Wednesday of the month with start times from 8.00am to 9.00am depending on time of year. The April outing will be 4th Wednesday (24th) and there will be no outing in July. Outings will normally be within 20km of Croydon.

Outings will be cancelled if extreme weather is forecast or steady rain. Cancellations may occur up to the morning of the event after the leader has inspected the radar. Every attempt will be made to contact participants - please contact the group leader Ken Harris on 9561 6863 if you are unsure.

Participants will meet at the location and may arrange shared travel if they wish. Participants are responsible for their own equipment such as binoculars or cameras if you bring them.

Wear sensible, closed, footwear suitable for bush-walking and ensure you carry sufficient water. Dress appropriately for the weather conditions, including wet weather gear, hats and sunscreen as necessary. Participants must be snake aware in season. Ambulance cover is recommended.

Please contact Ken on 9561 6863 or Kim on for further information.

19EXE010 CYCLING - FORTNIGHTLY

29 January to 3 December 2019

Rob Elliott

Fortnightly, Tue 9:00-12:00

Location : Outside Venue

Rides will be fortnightly commencing Tuesday January 29, 2019. Cycling mostly on bike paths, mainly through the Eastern suburbs, sometimes on quiet suburban streets. Easy rides of usually 20km to 50km. Cycling to areas via bike trails. (Weather permitting). 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.

19EXE011 CYCLING - FORTNIGHTLY

31 January to 5 December 2019

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.

19EXE020 LEARN TO SWIM - TERM 1

30 January to 27 March 2019

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

19EXE021 LEARN TO SWIM - TERM 1

30 January to 27 March 2019

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

19EXE030 EARLYBIRDS IN POOL

30 January to 4 December 2019

Lynette McMahon

Weekly Course, Wed 7:00-10:00

Location : Aquahub Civic Square

PLEASE NOTE THIS COURSE HAS BEEN CANCELLED FOR TERM 4, 2018 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.

19EXE035 SEATED AEROBICS + WEIGHTS (OPTIONAL)

30 January to 4 December 2019

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.

19EXE040 TABLE TENNIS - MONDAY

4 February to 2 December 2019

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.

19EXE042 TABLE TENNIS - THURSDAY

31 January to 5 December 2019

Raymond 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.

19EXE044 TAI CHI - BEGINNERS

31 January to 5 December 2019

Jennie Hollis

Weekly Course, Thu 10:45-11:30

Location : Swim Log Cabin

This class is for people who have never done Tai Chi before. You will need to be able to stand for the 45 minute class. We will be learning several Qigong forms including Shibashi 1 as well as Sun Style Tai Chi form. This form takes 12 months to learn. The many benefits of Tai Chi include: balance, coordination, deep breathing, relaxation and improving memory. Wait listed members can join the class up until the beginning of Term 2. For more information, phone Jennie on 0478 298 533.

19EXE045 TAI CHI - ADVANCED

7 February to 5 December 2019

Jennie Hollis

Weekly Course, Thu 9:30-10:45

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.

19EXE048 TAI CHI - INTERMEDIATE (1)

7 February to 5 December 2019

Roger Fiddian

Weekly Course, Thu 10:45-11:45

Location : Swim Log Cabin

Class begins with Qigong exercises including Shibashi 1 and 2. Learning Sun Style. Practising Beijing 24. Some of the benefits of Tai Chi and Qigong are that it helps most people to maintain and, sometimes improve, balance, flexibility and relaxation.

Prerequisite - Participants must have done Beginners Beijing 24 or be familiar with it.

19EXE057 TAI CHI - INTERMEDIATE (2)

7 February to 5 December 2019

Jennie Hollis

Weekly Course, Thu 11:45-13:00

Location : Swim Log Cabin

The class begins with Qigong exercises including Shibashi 1,2 & 3. Beijing 24, Sun & Oolun styles of Tai Chi are practised.

Pre-requisite: Must know at least 2 of the above mentioned Tai Chi styles.

19EXE072 YOGA - MONDAY PM

4 February to 2 December 2019

Elaine Lai

Weekly Course, Mon 14:00-15:15

Location : Cheong Park

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

19EXE077 YOGA - WEDNESDAY

30 January to 4 December 2019

Pamela Banfield

Weekly Course, Wed 9:30-10:30

Location : Cheong Park

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

19EXE078 YOGA - THURSDAY

31 January to 5 December 2019

Thursday Yoga is a gentle class, will include chair yoga, using props to aid stretching etc. A relaxation will complete the hour.
Bring mat, small cushion.

Deirdre Morice

Weekly Course, Thu 9:30-10:30

Location : Cheong Park

19EXE082 YOGA - INTERMEDIATE FRIDAY - TERM 1

1 February to 5 April 2019

The benefits of Yoga for our health and wellbeing are well documented. We focus on breathing, stretching, postures, balancing and include 10 min. relaxation and meditation.

Yoga Intermediate builds on prior experience. Please wear comfortable clothing and bring a Yoga mat, blanket and waterbottle.

Riet Taal

Weekly Course, Fri 11:15-12:15

Location : Glenn Frost Room

GAMES : GAMES-CHESS, CARD & BOARD GAMES, MAHJONG , CROSSWORDS

19GAM004 BRIDGE FOR BEGINNERS-SUPERVISED PLAY

5 March to 3 December 2019

NOTE:COURSE STARTING MARCH 5TH, 2019. Supervised play is available on Tuesdays for those who would like to experience more or advance their social game. Location address: The Yarra Bridge Club, 6 Laurence Grove, Ringwood East. 3135 notebook and pen. There is a \$5.00 fee each week - YV Bridge Club. Please call Geoff Johnson on 0414334133 for more information if required.

Geoffrey Johnson

Weekly Course, Tue 10:30-12:15

Location : Y.V. Bridge Club

19GAM005 BRIDGE FOR BEGINNERS-INTRO TO THE GAME

6 March to 4 December 2019

NOTE:COURSE STARTING MARCH 6TH, 2019. 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 notebook and pen. There is a \$5.00 fee each week - payable to YVBC.

Geoff Johnson

Weekly Course, Wed 10:30-12:15

Location : Y.V. Bridge Club

19GAM010 HAND & FOOT A FORM OF CANASTA

30 January to 4 December 2019

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

19GAM015 CHESS

31 January to 5 December 2019

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

19GAM022 CRYPTIC CROSSWORDS

29 January to 3 December 2019

Learn the secrets to unlocking cryptic clues. We work together on the same crossword, discussing each answer in detail. Informal, fun and interactive.

Yvonne Emerton

Weekly Course, Tue 9:30-11:00

Location : Keystone Clubrooms

19GAM025 MAHJONG

4 February to 2 December 2019

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 - 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)

Lola Fogarty

Weekly Course, Mon 13:00-15:00

Location : Kent Ave Room 3

19GAM026 MAHJONG - SOCIAL - NO BEGINNERS

30 January to 4 December 2019

Evelyn Faloon

Weekly Course, Wed 10:00-11:30

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 Joan 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.

19GAM027 PUZZLE TIME

7 February to 5 December 2019

Yvonne Emerton

Fortnightly, Thu 10:45-12:15

Location : Keystone Clubrooms

Introduction to various word and number puzzles. No special knowledge required. Most of the puzzles are based on logic.

19GAM028 RUMMIKUB

31 January to 5 December 2019

Marlene Roberts

Weekly Course, Thu 13:15-15:00

Location : Cheong Park

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

19GAM030 SCRABBLE

30 January to 4 December 2019

Loretta Simmons

Weekly Course, Wed 12:30-15:00

Location : Kent Ave Room 1

We meet to play the game in a not so serious way as to enjoy the class. Help is given to anyone who comes to play and wants assistance. Prerequisites: none

19GAM033 500 CARD GAME

31 January to 5 December 2019

Helen Wilson

Weekly Course, Thu 14:00-16:30

Location : Keystone Clubrooms

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 : HISTORY-AUSTRALIAN & GENEALOGY

19HIS005 AUSTRALIAN HISTORY

1 February to 6 December 2019

Philip Daniell

Weekly Course, Fri 10:00-11:30

Location : Keystone Clubrooms

Australian History-Australia wide and in this large Country.

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. No subject is too trivial. Prerequisites: None

19HIS020 EXPLORE MELBOURNE

19 March to 3 December 2019

Gwen Owen

Monthly, Tue 8:30-16:30

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.

**HUMANITI : HUMANITIES-BOOK CLUBS,CINEMA,DIGITAL CAMERA,SPEECHCRAFT,
CURRENT AFFAIRS ETC**

19HUM005 BOOK CLUB-TURN THE PAGE - 4TH MONDAY

25 February to 25 November 2019

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.2019 fee \$35.00 pa. per member due and payable on enrolment. This fee is forwarded to the Eastern Regional Library. NOTE: 4th MONDAY MONTHLY Pre-requisites: None. Waiting list is available if class is full. Members can join throughout the year if there is a vacancy.

19HUM009 BOOK CLUB-ST GEORGES - 1ST WED.

6 February to 4 December 2019

Beth Dooley

Monthly, Wed 13:00-14:00

Location : Outside Venue

Be introduced to a wide range of books selected by the library. Even if we might not have chosen a particular book ourselves, our conversations are always stimulating, lively and revealing, providing lots of enjoyment, with all members participating in guiding our enjoyable discussions. Members to share leading the discussions. 2019 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.

19HUM013 KEYSTONE BOOK CHAT - 2ND MONDAY

11 February to 11 November 2019

Sue Martin

Monthly, Mon 11:00-12:15

Location : Outside Venue

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 VENUE - PRIVATE HOME IN RINGWOOD EAST (lovely!) PLEASE RING SUE MARTIN 0411 380 688 FOR DETAILS. Gold coin donation at each session to help with expenses. Wait list is available if class is full. Members can join throughout the year if there is a vacancy.This class will operate during term breaks.

19HUM018 CURRENT AFFAIRS

31 January to 5 December 2019

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 19. Course will run if the temperature exceeds 30 degrees venue air-conditioned

19HUM028 DIGITAL CAMERA-ADVANCED-TERM 1

1 February to 5 April 2019

Brian McCarron

Weekly Course, Fri 13:00-14:30

Location : Glenn Frost Room

If you have any queries regarding the course, feel free to contact the Course Tutor on 9726 6950.

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 ON 9726 6950 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.

19HUM030 DIGITAL CAMERA-ADVANCED-TERM 2

5 April to 28 June 2019

Brian McCarron

Weekly Course, Fri 13:00-14:30

Location : Glenn Frost Room

If you have any queries regarding the course, feel free to contact the Course Tutor on 9726 6950.

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 considerable 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 is 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 question-and-answer and knowledge-sharing format. Pre-requisites: Bring your comprehensive camera Manual, and camera (with fully charged batteries), to class to each week. There will be a small charge per term for printing. A waiting list available if the class is full. ANYONE ON THE WAIT-LIST FOLLOWING COMMENCEMENT OF THE TERM IS ADVISED TO ENROL FOR THE NEXT TERM. NOTE: IT IS REQUESTED THAT MEMBERS CONTACT THE COURSE TUTOR ON 9726 6950 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.

19HUM038 DINNER DATE

5 February to 3 December 2019

Merv Amos

Monthly, Tue 18:00-21:30

Location : Outside Venue

Location: Outside Venue dinners are held on either a Tuesday, Wednesday or Thursday of each month at local restaurants. Members will be advised of the venue in preceding weeks. PLEASE PHONE OR EMAIL MERV AMOS 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.

19HUM045 HOLISTIC AND INTUITIVE DEVELOPMENT

29 January to 3 December 2019

Maria Kurdian

Weekly Course, Tue 11:00-12:30

Location : Keystone Clubrooms

Life as we know it is a dynamic and ever-changing flow of energy. Everything we experience through what we see and hear to the thoughts and feelings which arise within us is an expression of that flow. Only when we are able to be in this flow of energy without resistance and learn to support our physical, mental and emotional well-being we will be able to say that we are living a holistic life. During the course we will tap into many modalities related to the body, mind and our emotions and with it develop our intuitive side to achieve confidence in making the best decisions possible.

We will learn to reconnect with our authentic selves experiencing abundance and joy as a result of living our life aligned with our life purpose and our divine nature from within. When the mind and body are aligned and in harmony is the only time we can have a fulfilled life.

FOR MORE DETAILS CALL MARIA 9762 2189

19HUM051 MEDITATION - GUIDED

4 February to 2 December 2019

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 is a progressive process that requires regular attendance to be able to synchronise your mind, body and soul. 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 learn through relaxation and symbology to experience meditation and harness the benefits of the positive changes that will occur in your life. FOR MORE DETAILS CALL MARIA 9762 2189

19HUM053 GREEK MYTHOLOGY ADVENTURE 2ND/4TH WEDS

13 February to 25 November 2019

Peter Uren

Fortnightly, Wed 10:00-11:30

Location : Keystone Clubrooms

GREEK MYTHOLOGY WILL BE HELD EVERY 2ND AND 4TH WEDNESDAY.

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.

19HUM054 EGYPTIAN MYTHOLOGY 1ST/3RD WEDS.

6 February to 20 November 2019

Peter Uren

Fortnightly, Wed 10:00-11:30

Location : Keystone Clubrooms

Egyptian Mythology will be held fortnightly 1st and 3rd week starting February 6th 2019

From the rich, fertile Nile Delta to the pounding waters of the mighty Aswan Dam join us on an unforgettable journey of intrigue, excitement and mystery to ancient Egypt and its mythology. We will walk the burning sands, swim the peaceful waters of the Nile explore ancient pyramids, the Sphinx and other monuments. We will share a long black Anubis, the embalmer of the Underworld. Learn of ancient Pharaohs, dynasties passionate love affairs and scheming plots as we bump shoulders with Ra, Isis and countless other Gods. It all adds up to an unmissable adventure!!

19HUM055 PHILOSOPHY: THINK WITH HEAD OR HEART?

6 February to 26 June 2019

Paul Martin

Fortnightly, Wed 11:45-13:15

Location : Keystone Clubrooms

Or maybe both? Philosophy has a long tradition of asking important questions and posing answers about life, examining what may loosely be called rational and emotional approaches to this project. It has been said that Philosophy is simultaneously a fascinating and frustrating pursuit of 'wisdom'. It deals with big questions - separating good arguments from bad and offering useful ways to think about our lives this units emphasis on analytical and continental schools of Philosophy is especially apt in today's environment that has come to question traditional forms of authority, understandings about what we think we know and some of the previously important structures in our society. The importance of reason and emotion as influences on the way we think and make decisions in our lives will feature in the course. If you want to question and potentially know more about yourself and how thinkers from past centuries help us to do this, you should enjoy engaging with Philosophy.

Paul Martin 0422 389 221

19HUM056 A SPIRITUAL JOURNEY

31 January to 5 December 2019

Tim Karanges

Weekly Course, Thu 10:30-12:30

Location : Kent Ave Room 3

An open minded discussion group looking at the many areas that suggest a realm of the spirit. Is there a deeper meaning to our existence? We will look beyond church dogma and share ideas. Please bring a notebook and pen.

19HUM058 WELL-BEING AND FLOURISHING

31 January to 5 December 2019

Pamela Aldridge

Weekly Course, Thu 9:00-10:30

Location : Keystone Clubrooms

"Well-being can be understood as how people feel and how they function, both on a personal and a social level, and how they evaluate their lives as a whole", according to the new economics foundation. The class will briefly explore different models of well-being to understand the concept from an individual and community perspective. Then we will focus on five ways to well-being: connect, be active, take notice, keep learning, and give, expanding these in creative, exploratory, interactive and vibrant ways.

In addition discover how not to be defined by ageism and the ageing process by learning how to flourish and experience positive emotions and affirming social and psychological functioning in our latter years, (most of the time)

Come ready to read, view, listen, share and take part in a range of activities and occasional out of class fun actions. You will need A4 spiral bound note book, pens, highlighter or if preferred iPad or Laptop, and a degree of enthusiasm. \$2 per week for photocopying/materials.

19HUM060 POTTED POETS

6 February to 4 December 2019

None

Weekly Course, Wed 10:00-12:00

Location : Outside Venue

Something must be OK - it's our 16th year. We read and discuss poems from many times and places, including recent international and Australian writing. Our title suggests sampling for enjoyment and knowledge, rather than mastery. We are not a writing group. \$1.00 per session fee to cover expenses. No prerequisites. The group meets in a private home.

19HUM065 READING LITERATURE: CONFLICT & BIOGRAPHY

8 February to 28 June 2019

Paul Martin

Fortnightly, Fri 13:00-14:30

Location : Keystone Clubrooms

Literature explores how literary texts shape their readers' understandings of the world and people's lives, and help us to enter other worlds of the imagination. In this course learners actively take part in dialogue and detailed literary analysis with a focus on close reading of literary texts, comparing the literary interest of two films with a biographical interest, and getting the chance to complete a guided independent study of a twenty first century novel. Learners focus on establishing what is involved to develop their own informed views. They reflect on literary qualities and interests of the texts, learn about the power of language and look into relationships between personal preference and text, authors, audiences and contexts as learners get to engage with ideas, concepts, attitudes and values.

. Participants will need to buy TWO set novels.

. FILMS AND POETRY will be provided in class or come from available internet sources.

Paul Martin 0422 389 221

19HUM068 SPEECHCRAFT - TUESDAY

5 February to 3 December 2019

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.

19HUM069 SPEECHCRAFT - FRIDAY

1 February to 6 December 2019

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 : LANGUAGE- FRENCH, GERMAN & ITALIAN. VARIOUS LEVELS

19LAN005 FRENCH LEVEL 1

4 February to 2 December 2019

Janine Ochsenbein

Weekly Course, Mon 13:00-14:30

Location : Keystone Clubrooms

NO BEGINNERS PLEASE.

A basic level of French is required, e.g you have learnt elementary French at school or elsewhere. We study the four language skills, listening, speaking, reading and writing as well as aspects of French culture.

TEXTBOOK - EDITO TEXTBOOK + WORKBOOK LEVEL A1

19LAN010 FRENCH LEVEL 2

7 February to 5 December 2019

Janine Ochsenbein

Weekly Course, Thu 9:30-11:30

Location : Swinburne Room CG112

PLEASE NOTE VENUE - SWINBURNE CAMPUS NORTON ROAD, CROYDON (OPPOSITE U3A). ROOM NUMBER CG112.

This course is for intermediate level students of French, e.g. you have studied French to Year 10 or have learnt it elsewhere. A stimulating mixture of listening, speaking, reading and writing, plus cultural knowledge. Please ring Janine before enrolling on 9723 8542.

TEXTBOOK TO BE ANNOUNCED

19LAN015 FRENCH LEVEL 3

6 February to 4 December 2019

Janine Ochsenbein

Weekly Course, Wed 13:00-15:00

Location : Kent Ave Room 3

French Level 3 is for advanced students who have completed years 11 or 12 or have learnt French elsewhere, students will extend their language skills as well as their knowledge of French culture/literature.

Textbook to be announced.

Please consult Janine on 9723 8542 before enrolling.

19LAN020 FRENCH BEGINNERS 2ND YEAR

1 February to 6 December 2019

Onre Dossena

Weekly Course, Fri 9:30-11:00

Location : Glenn Frost Room

I run a two year course commencing with an elementary introduction to the French language which is eminently suitable for those with no prior knowledge of French and tho those who wish to brush up on their knowledge of the basics. The first term in 2019 will be the third term of my two year course and starts with 25% of the course completed. This means we are still very much in the elementary stage.

My main intention and aim is to get the class to speak French and I encourage this in the way I conduct the class.

Grammar will be explained as it applies to the text as it progresses and I supply all the material required.

At the end of the two years I go back to the beginning and by which time I would hope you have progressed sufficiently to move up to another level.

19LAN021 FRENCH ON FRIDAY

1 February to 6 December 2019

Ian Birchall

Weekly Course, Fri 11:30-13:00

Location : Keystone Clubrooms

Have you started studying French and want to reinforce or build on what you've been learning? The members of last year's Friday 11.30 French class (for beginners) wish to continue as a group. So, this class is essentially for them, but if you would like to join us, you would be most welcome.

Please note: While the tutor is not fluent in French, he is able to offer a good level of French for beginners. If you want more, there are other U3A classes with excellent French teachers available.

Prerequisites - Some previous French learning either at school or in a recent beginner's course.

Text: There is a textbook - please check with the Tutor: Ian 0490 125 926

19LAN026 FRENCH INTERMEDIATE

31 January to 5 December 2019

Diana Long

Weekly Course, Thu 12:30-14:00

Location : Swinburne Room CG112

For people who have some background in French, able to participate in basic conversation and with some understanding of verbs and grammar. There is an emphasis on conversational French. Please contact Diana for further details. "Phone number and email address is above.

PLEASE NOTE: CLASS IS HELD AT SWINBURNE UNI IN ROOM CG 112

19LAN030 GERMAN - LEVEL 1

5 February to 3 December 2019

Janine Ochsenbein

Weekly Course, Tue 10:00-12:00

Location : Kent Ave Room 1

NO BEGINNERS PLEASE.

German Level 1 is for students with an elementary knowledge of German who would like to further improve their language skills.

Textbook: SCHRITTE LEVEL A1.2

19LAN040 GERMAN CONVERSATION

29 January to 3 December 2019

Peter Duss

Weekly Course, Tue 12:15-13:45

Location : Kent Ave Room 1

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

19LAN045 ITALIAN BASIC CONVERSATION

4 February to 2 December 2019

Ingun Tonon

Weekly Course, Mon 11:45-13:15

Location : Kent Ave Room 1

Basic Italian conversation class using poetry, song and reading. Some prior Italian knowledge is necessary.

Textbook ITALIAN CONVERSATION BY MARCEL DANESI

19LAN047 INDONESIAN FOR BEGINNERS

1 February to 6 December 2019

Robert Susatija

Weekly Course, Fri 14:30-16:00

Location : Keystone Clubrooms

This is a basic Indonesian course for beginners. We will start with the alphabet, numbers, pronouns, greetings and simple sentences and phrases and progress from there. Bring a pen and notebook to the class. Contact the Tutor Rob Susatija on 8711 3428 if you need more information.

MUSIC : MUSIC-CHOIR & GUITAR & UKULELE

19MUS005 CROYDON U3A SINGERS

30 January to 4 December 2019

Mary Fraser

Weekly Course, Wed 13:30-15:00

Location : Swim Log Cabin

This is a non-auditioned choir for people who enjoy singing, or who would like to learn more. Mainly well known songs and musical comedy excerpts are performed. Bring a black folder with plastic sleeves for music. The only charge is a few dollars for photocopying. No prerequisites. Occasional performances e.g. at nursing homes are optional.

19MUS010 MUSICAL JAM

30 January to 4 December 2019

John Manderson

Weekly Course, Wed 9:30-11:30

Location : Birdwood Scout Hall

The "Musical Jam" class is for people who like playing an instrument and singing popular songs in a group. Members of the class are expected to have basic proficiency in playing a suitable musical instrument. Acoustic guitars and ukuleles are the preferred instruments but other instruments are welcome. Electronic instruments may be used provided that their sound level is kept consistent with the acoustic instruments. Songs will be chosen from various genres and will mainly be popular songs from the latter half of the twentieth century and up to the present time. Members of the class will have the opportunity to select new songs, do solo performances and to lead the singing as well as participating in group items. Music will be provided but members will need to bring a music stand. A small additional charge will be made to cover photocopying and morning tea. The size of the class will be limited to 30 members.

19MUS016 BEGINNERS UKULELE

1 February to 6 December 2019

Frank Brown

Weekly Course, Fri 10:45-12:15

Location : Swim Log Cabin

A class designed to give Absolute Beginners and those who have limited experience of the ukulele the skills needed to be self sufficient and join the Monday or Wednesday music groups.

Learn tuning your instrument, chords, rhythm and singing for fun. Materials needed. Ukulele, exercise book, pen/pencil and a ukulele tuner. A music stand is nice to have but not essential. A small charge is made for photocopying of music. No absolute beginners accepted after the third week of term.

Call Course Tutor on 9726 8058 for details.

19MUS017 BEGINNERS GUITAR

1 February to 6 December 2019

Terry Foster

Weekly Course, Fri 10:45-12:15

Location : Swim Log Cabin

This course - Ukulele and Guitar will be combined as one. The students that learn the Guitar will learn to play different types of music. Advanced students may also join this course.

19MUS020 MUSIC APPRECIATION

31 January to 5 December 2019

Gregory Nicholas

Weekly Course, Thu 14:00-16:00

Location : Swinburne Room CG112

Come and join in at the Swinburne facility, Norton Road, Croydon, Room CG112 - - Listening to music of all types, classical, folk, world music, jazz and others and discussion of their origins, history and lives of their composers. - Study of the fundamentals of music. Some material will be emailed to students by the Tutor prior to class.

SCIENCE : SCIENCE-ASTRONOMY & GARDENING

19SCI005 ASTRONOMY - INTRO TERMS 1,2 & 4

29 January to 3 December 2019

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. PLEASE NOTE THIS COURSE WILL NOT BE AVAILABLE FOR TERM 3 2019.

19SCI010 GARDENING

26 February to 26 November 2019

Lorri Hayes

Monthly, Tue 10:30-12:00

Location : Outside Venue

Gardening class members requests and interests will be covered. Topics to be included: propagations, plant care and placements. Growing fruit and vegetables, Seed saving and more about pests and diseases. Lawn maintenance and preparation for the various seasons. This group meets on the last Tuesday of the month. Members to bring gardening gloves and wear shoes with non-slip soles. Moderate mobility required. Contact Tutor Lorri 0401 858 067 for more details.

19ZZZ001 COURSE FOR NO COURSE

29 January to 6 December 2019

Geoff Kidd

Unidentified, Tue 9:00-0:00

Location : None

This course is a default course for those members who are joining the U3a and are not enrolling in a course. If the default course is not entered an invoice will not be generated. MEMBERS, THIS IS NOT A COURSE. DO NOT USE. OFFICE USE ONLY. Any queries, please contact the office.

VOLUNTEE : VOLUNTEERS- COMMITTEE,PUBLICITY,OFFICE DUTY, EVENTS

19AAVOL1 VOLUNTEER FOR COMMITTEE

29 January to 6 December 2019

Jenny Higgins

Monthly, Tue 0:00-0:00

Location : Keystone Office

U3A Croydon is run by its Committee of Management which meets monthly. Select this code if you are interested in Volunteering for the Committee and we will contact you to discuss further. Note: this selection is not counted in the maximum number of courses you can enrol in.

19AAVOL2 VOLUNTEER FOR OFFICE

29 January to 6 December 2019

Sue Lakeland

Weekly Course, Tue 0:00-0:00

Location : Keystone Office

The Front Office is staffed by two volunteers between 10.a.m - 12.30 p.m. Select this code if you are interested in volunteering to help in the office and we will contact you to discuss further. Note this selection is not counted in the maximum number of courses you can enrol in.

19AAVOL4 VOLUNTEER TO HELP WITH PUBLICITY

29 January to 6 December 2019

Trevor Bellinger

Random dates as specified, Tue 0:00-0:00

Location : Keystone Office

The Publicity Co-Ordinator is responsible in Community events. If you wish to volunteer to help with Publicity please select this code and we will contact you to discuss further. Note: this selection is not counted in the maximum of courses you can enrol in.

19AAVOL5 VOLUNTEER WITH EVENTS/SOCIAL COMMITTEE

Jenny Higgins

29 January to 6 December 2019

Random dates as specified, Tue 0:00-0:00

Location : Outside Venue

The Events Co-Ordinator is responsible for organising catering for events, the venue for annual concert, co-ordinating the concert items performed etc. If you wish to volunteer to help with Events please select this code and we will contact you to discuss further. Note: this selection is not counted in the maximum number of courses you can enrol in.