



U3A Croydon Inc.

2020 Courses

As at Jan 23rd 2020

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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U3A Croydon Inc. Campus

Keystone Complex
1 Civic Square
Croydon Vic 3136

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

Inside Venue Locations

CODE	NAME	ADDRESS
Ainslie Park	Croydon West Guide Hall- Entry via Ainslie Park Ave	Cnr Clegg & Ainslie Park Ave Croydon
Aquahub Civic Square	Croydon Aquahub 11 Civic Square opposite Birdwood Rd	11 Civic Square Croydon, 3136
Birdwood Scout Hall	3rd Croydon Scout Hall Birdwood Avenue Between Lusher Rd and Civic Square	15 Birdwood Rd Croydon, 3136
Cheong Park	South Croydon Football Club-Back Building Cheong Park-Entry from Eastfield Rd	Cnr Eastfield Road and Bayswater Road Croydon South
Glenn Frost Room	Glenn Frost Room Rear of Croydon Library	Civic Square- Near Council Offices Croydon, 3136
John Frost Stadium	Front Building-Cheong Park Entry from Eastfield Rd	Cnr Eastfield Rd & Bayswater Rd Croydon South
Kent Ave Rooms 1, 2 & 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
Swinburne Room CG112	Swinburne University	12-50 Norton Rd Croydon
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 for 2020

Term One	Feb 3 rd to 27 th March 2020
Term Two	April 14 th to June 26 th 2020
Term Three	July 13 th to September 18 th 2020
Term Four	October 5 th to December 4 th 2020

Membership Fees

- Full Members \$ 55.00
- Associate Members \$ 55.00
- Full Course Tutors \$ 55.00

(That is, those who **are participating** in a course in addition to their own)

- Course Tutors \$ 0.00

(that is, 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-Sketch & Watercolour

20ART001: Josie's Sketch Class

Type: Ongoing

Dates: 04/02/2020 - 01/12/2020

Frequency: Weekly Course, Tue 9:00 - 12:00

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Josephine Parkinson

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.

20ART002: Acrylic Painting with Ineke

Type: Ongoing

Dates: 04/02/2020 - 01/12/2020

Frequency: Weekly Course, Tue 9:00 - 12:00

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Ineke Gardam

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

20ART005: Watercolour - A

Type: Ongoing

Dates: 03/02/2020 - 30/11/2020

Frequency: Weekly Course, Mon 12:00 - 14:30

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Jenny Tiller

Practise watercolours in a relaxed atmosphere. This is a CLASS where we share knowledge and ideas. Bring your own equipment and enthusiasm. Our aim is to assist in the learning of colour mixing, composition and techniques in the medium of watercolour. Sharing ideas knowledge and enthusiasm. No previous experience is required

20ART010: Watercolour - Advanced - B

Type: Ongoing

Dates: 05/02/2020 - 02/12/2020

Frequency: Weekly Course, Wed 9:00 - 12:00

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Jenny Tiller

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 in the medium of watercolour. Sharing ideas, knowledge and enthusiasm. Previous experience required

20ART012: Short Movie Making - Term 1

Type: Ongoing

Dates: 05/02/2020 - 25/03/2020

Frequency: Weekly Course, Wed 12:00 - 13:30

Location: Portable Room 1 382-388 Liverpool Road Kilsyth

Tutor: Richard Halford

This course will run for one term, but if there is sufficient interest and support, the tutor is happy to continue. The aim of this course, is to teach the basics and fundamentals of directing and making your own short movie. Equipment required is your camera, Smartphone, DSLR or Video camera. Whatever you have will do. A tripod will really help. Over time, you will be taught the skills to both collectively and solo, make a short movie. You, as the Director, will be, constructing a simple script, concocting a storyboard, shooting the movie, arranging audio and lights, directing the actor/s and finally, editing the movie to taste. The emphasis is on beginners; however those with experience are also encouraged to join what will be a fun and dynamic group. There will be planned theory sessions throughout the course, but the thrust is to be hands on. We will be filming every session. Documentaries, comedies, drama, horror, photo montage or any other subject that you have an interest. Group movie making will be encouraged, so no matter what your skill level, or lack of, you will not be on your own. Check out my video on the Croydon U3A website under "New courses" Please contact me, Richard Halford, on 0423 943 957 if you have questions.

Computer-Microsoft Basics to Advanced Levels plus iPad

20COM001: Computer Level 1 - Term 1

Type: 1Term

Dates: 07/02/2020 - 13/03/2020

Frequency: Weekly Course, Fri 13:00 - 14:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Trevor Bellinger

Must have own Windows Computer to practise on. 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 6 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.

20COM002: Computer Level 1 - Term 2

Type: 1 Term

Dates: 17/04/2020 - 22/05/2020

Frequency: Weekly Course, Fri 13:00 - 14:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Trevor Bellinger

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.

20COM010: Computer Level 2 - Term 1

Type: 1 Term

Dates: 06/02/2020 - 26/03/2020

Frequency: Weekly Course, Thu 10:30 - 12:00

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

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.

20COM011: Computer Level 2 - Term 2

Type: 1Term

Dates: 16/04/2020 - 25/06/2020

Frequency: Weekly Course, Thu 10:30 - 12:00

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

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.

20COM020: Computer Level 3 - Term 1

Type: 1 Term

Dates: 07/02/2020 - 27/03/2020

Frequency: Weekly Course, Fri 11:00 - 12:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Trevor Bellinger

Must have own Windows computer to practise on. 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.

20COM021: Computer Level 3 - Term 2

Type: 1 Term

Dates: 17/04/2020 - 26/06/2020

Frequency: Weekly Course, Fri 11:00 - 12:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Trevor Bellinger

Must have own Computer to practise on. 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.

20COM027: Comp- Convert LPs & Audio to CD - Term 2

Type: 1Term

Dates: 14/04/2020 - 23/06/2020

Frequency: Weekly Course, Tue 11:00 - 12:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Geoff Kidd

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.

20COM032: Comp. Photo Repair & Enhancement Term 1

Type: 1Term

Dates: 06/02/2020 - 26/03/2020

Frequency: Weekly Course, Thu 13:30 - 15:00

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

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.

20COM040: iPad for Beginners - Term 1

Type: Ongoing

Dates: 05/02/2020 - 25/03/2020

Frequency: Weekly Course, Wed 13:00 - 14:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Trevor Bellinger

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.

20COM041: iPad for Beginners - Term 2

Type: Ongoing

Dates: 15/04/2020 - 24/06/2020

Frequency: Weekly Course, Wed 13:00 - 14:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Trevor Bellinger

NOTE: \$20 COMPUTER FEE TO BE PAID IN CASH OR BY 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 etc 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. Note: 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.

20COM062: Microsoft Publisher - Part 1-Term 1

Type: 1 Term

Dates: 05/02/2020 - 25/03/2020

Frequency: Weekly Course, Wed 10:30 - 12:00

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

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.

20COM063: Publisher Part 2 Term 2

Type: 1 Term

Dates: 15/04/2020 - 24/06/2020

Frequency: Weekly Course, Wed 10:30 - 12:00

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

20COM070: Computers-Windows 10 Term 1

Type: 1Term

Dates: 04/02/2020 - 24/03/2020

Frequency: Weekly Course, Tue 13:00 - 14:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

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. 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.

20COM071: Computers-Windows 10 Term 2

Type: 1Term

Dates: 14/04/2020 - 23/06/2020

Frequency: Weekly Course, Tue 13:00 - 14:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

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.

20COM074: Computers-One Drive Cloud Storage Term 2

Type: 3 weeks

Dates: 16/04/2020 - 30/04/2020

Frequency: Weekly Course, Thu 13:30 - 15:00

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

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

20COM200: Bring Your Own Device

Type: Ongoing

Dates: 04/02/2020 - 01/12/2020

Frequency: Weekly Course, Tue 13:30 - 15:00

Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon

Tutor: Trevor Bellinger

This course is aimed at absolute novices to use technology. Bring along your own device-mobile phone, tablet, laptop computer with any brand of operating system. At the end of term you should be able to: -Use your own device effectively -Use Email (with your own email address on your device) -Use WhatsApp (or similar), Skype or FaceTime for Video calls -Connect to organisations (& register/access as needed- incl Government) -Use the internet for information, education, games, shopping recreation etc. The course is run as a workshop with volunteer helpers to assist.

No pre-requisites-you just need some type of device (at least a mobile phone) & motivation to see what you can achieve. Ideal for people who struggle with technology.

20COM202: Computer Tips & Tricks

Type: 1Term

Dates: 10/03/2020 - 24/03/2020

Frequency: Runs for 3 weeks, Tue 10:00 - 11:30

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

Pupils will watch videos & PowerPoint Presentations on various tips & tricks that they may find useful, that they may not be aware of that could make it easier using their computers. They can make their own notes, but will be given time to get additional information & ask questions. Linking your mobile with your computer. Sticky notes Inserting Emoji Downloading videos from websites Folder colourization Caps Lock Indicator Bloatware Tips for Gmail such identifying Spoofing Adjusting the individual volumes How to use Microsoft office apps for free There is a lot more, but too numerous to mention. Using Websites - Reading view

Craft-Beading,Card Making,Furniture Restoration,Patchwork,Leadlighting

20CRA005: Beading & Chainmaille

Type: Ongoing

Dates: 07/02/2020 - 04/12/2020

Frequency: Weekly Course, Fri 10:00 - 12:00

Location: Next to Croydon Market Carpark 33 Kent Ave Croydon

Tutor: Helen Stok

We are a small, social, friendly group working together to learn new skills in seedbeading and chainmaille with an experienced tutor. We share ideas and skills as we make our jewellery pieces. Basic supplies are provided by the students - beading mat, needles, scissors, thread, pliers. These items can be organised by the tutor. Kits are available to purchase to make the taught skills/weaves. For further information you can contact the Tutor Helen on 9723 1887.

20CRA010: Card Making - AFTERNOON **Type: Ongoing**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 13:30 - 16:00**
Location: Keystone Hall 9 Civic Square Croydon **Tutor: Christine Hawkins**

General card making using a variety of techniques & materials. Help is given to new members & we all share ideas. We supply our own materials, tools, papers, cardstock & cutting mat. Waiting list is available & members can join throughout the year if there's a vacancy. Class will run if over 30 degrees.

20CRA012: Card Making - MORNING **Type: Ongoing**
Dates: 03/02/2020 - 07/12/2020 **Frequency: Weekly Course, Mon 9:15 - 11:30**
Location: Keystone Hall 9 Civic Square Croydon **Tutor: Christine Hawkins**

We make Greeting cards using a variety of techniques & materials. Help is given to new members & we all share ideas. We supply our own materials, tools, papers, cardstock & cutting mat. Waiting list is available & members can join throughout the year if there's a vacancy. Class will run if over 30 degrees.

20CRA015: Designer Cards **Type: Ongoing**
Dates: 04/02/2020 - 01/12/2020 **Frequency: Weekly Course, Tue 9:30 - 11:30**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth **Tutor: Lesley Downey**

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.

20CRA020: Creative Craft **Type: Ongoing**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 9:00 - 11:15**
Location: Keystone Hall 9 Civic Square Croydon **Tutor: Trish Davis**

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.

20CRA025: Furniture Restoration **Type: Ongoing**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 9:00 - 11:30**
Location: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave CROYDON **Tutor: Nelson Riquelme**

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

20CRA030: Leadlighting

Type: Ongoing

Dates: 03/02/2020 - 30/11/2020

Frequency: Weekly Course, Mon 9:00 - 12:00

Location: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave CROYDON Tutor: Loretta Rees

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.

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

20CRA033: Patchwork - Friday

Type: Ongoing

Dates: 07/02/2020 - 04/12/2020

Frequency: Weekly Course, Fri 10:00 - 12:00

Location: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave CROYDON

Tutor: Marie Harman

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.

20CRA035: Patchwork - Tuesday

Type: Ongoing

Dates: 04/02/2020 - 01/12/2020

Frequency: Weekly Course, Tue 10:00 - 12:00

Location: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave CROYDON Tutor: Judith Crute

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

20CRA039: Scrapbooking

Type: Ongoing

Dates: 04/02/2020 - 01/12/2020

Frequency: Weekly Course, Tue 11:45 - 14:45

Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth

Tutor: Ruth Cannon

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

20CRA042: Craft - Unfinished Objects

Type: Ongoing

Dates: 05/02/2020 - 02/12/2020

Frequency: Weekly Course, Wed 10:40 - 12:30

Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth

Tutor: Lynette McMahon

Join us for some fun. Meet with friends and relax as you work. We Quilt, Knit, Embroider, do Card Making, mosaics and more. BYO materials. We have a wealth of experience among our crafty members if you need any help. Start something new or bring an unfinished object. We look forward to meeting you.

Dancing-Scottish, Line & Ballroom

20DAN005: Ballroom Dancing

Type: Ongoing

Dates: 06/02/2020 - 03/12/2020

Frequency: Weekly Course, Thu 13:15 - 15:00

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Catherine Saisi

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.

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

20DAN010: Dot's Line Dancing/ Beginners - Mon

Type: Ongoing

Dates: 03/02/2020 - 30/11/2020

Frequency: Weekly Course, Mon 12:00 - 13:30

Location: Keystone Hall 9 Civic Square Croydon

Tutor: Elly Raaymakers

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.

20DAN015: Dot's Line Dance/Beginners- FRIDAY

Type: Ongoing

Dates: 17/04/2020 - 26/06/2020

Frequency: Weekly Course, Fri 9:30 - 11:00

Location: Between Lusher Rd/Civic Sq Birdwood Rd Croydon

Tutor: Kay Jones

THIS COURSE WILL COMMENCE TERM 2 AND IS ONLY AVAILABLE TO THOSE MEMBERS WHO HAVE ATTENDED DOT'S LINE DANCING FOR BEGINNERS/MONDAY. THIS CLASS IS SPECIFICALLY RUN AS EXTRA TUITION AS NEEDED FOR BEGINNERS WHO FEEL THEY REQUIRE ADDITIONAL ASSISTANCE. Prerequisite - Must have attended Dot's Line Dancing/Beginners - Monday The class will not run if temperature is over 30 degree.

20DAN020: Dot's Line Dancing - Improvers/Easy

Type: Ongoing

Dates: 03/02/2020 - 30/11/2020

Frequency: Weekly Course, Mon 12:30 - 13:30

Location: Keystone Hall 9 Civic Square Croydon

Tutor: Kay Jones

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.

20DAN025: Scottish Country Dancing

Type: Ongoing

Dates: 07/02/2020 - 04/12/2020

Frequency: Weekly Course, Fri 13:00 - 14:30

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Ron Lucas

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.

Try Scottish Country Dancing for fitness of body and mind with fun and friendship. Good mobility required.

Exercise-Walking,Cycling,Swimming,Yoga,Tai Chi etc

20EXE005: Bushwalking Saturday

Type: Ongoing

Dates: 01/02/2020 - 07/12/2020

Frequency: Fortnightly, Sat 9:00 - 16:00

Location: Outside Venue Springfield St Croydon

Tutor: Trudi Doblin

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 round-about 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.

20EXE006: Explore with me

Type: Ongoing

Dates: 14/02/2020 - 13/11/2020

Frequency: Monthly, Fri 9:00 - 16:00

Location: Outside Venue Springfield St Croydon

Tutor: Geoff Steventon

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.

20EXE010: Cycling - Fortnightly

Type: Ongoing

Dates: 04/02/2020 - 01/12/2020

Frequency: Fortnightly, Tue 9:00 - 12:00

Location: Outside Venue Springfield St Croydon

Tutor: Rob Elliott

Rides will be fortnightly commencing Tuesday 4/2/20 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, mobile phone. Moderate level of fitness.

20EXE011: Cycling - Fortnightly

Type: Ongoing

Dates: 06/02/2020 - 03/12/2020

Frequency: Fortnightly, Thu 9:00 - 12:00

Location: Outside Venue Springfield St Croydon

Tutor: Chris Simpson

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.

20EXE015: Feldenkrais

Type: Ongoing

Dates: 04/02/2020 - 01/12/2020

Frequency: Weekly Course, Tue 14:30 - 15:30

Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth

Tutor: Donna Deland

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

20EXE017: Gentle Exercise **Type: Ongoing**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 12:45 - 13:45**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth **Tutor: Elaine Lai**

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.

20EXE020: Learn to Swim - Term 1 **Type: None**
Dates: 29/01/2020 - 18/03/2020 **Frequency: Weekly Course, Wed 11:00 - 11:30**
Location: Croydon Aquahub Opposite Birdw Opp Birdwood Rd Croydon **Tutor: None**

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).

20EXE021: Learn to Swim - Term 1 **Type: None**
Dates: 29/01/2020 - 18/03/2020 **Frequency: Weekly Course, Wed 11:30 - 12:00**
Location: Croydon Aquahub Opposite Birdw Opp Birdwood Rd Croydon **Tutor: Ann Longridge**

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)

20EXE022: Learn to Swim - Term 2 **Type: None**
Dates: 15/04/2020 - 24/06/2020 **Frequency: Weekly Course, Wed 11:00 - 11:30**
Location: Croydon Aquahub Opposite Birdw Opp Birdwood Rd Croydon **Tutor: Ann Longridge**

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. (max 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)

20EXE023: Learn to Swim - Term 2 **Type: None**
Dates: 15/04/2020 - 24/06/2020 **Frequency: Weekly Course, Wed 11:30 - 12:00**
Location: Croydon Aquahub Opposite Birdw Opp Birdwood Rd Croydon **Tutor: Ann Longridge**

This Learn-to-Swim course, for new starters, is held at the Aquahub, Croydon, on Wednesday mornings, from 11.30 to 12 noon (max 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)

20EXE031: Walking Football **Type: Ongoing**
Dates: 06/02/2020 - 03/12/2020 **Frequency: Weekly Course, Thu 10:00 - 12:00**
Location: Cheong Park Cnr.Eastfield/Bayswater Rd Croydon Sth **Tutor: Geoff Steventon**

Walking Football (PLEASE READ) Venue: Cheong Park, John Frost Stadium. Join in the fun and get some exercise at the same time. It's Soccer but at walking pace with modified rules to make it better suited for seniors. Wear comfortable clothing and sports shoes, no black soles please. Once you have enrolled here, IT IS VERY IMPORTANT, that you also register on the Maroondah Council website. Go to: <http://www.maroondah.vic.gov.au/Home> and then type Walking Football into the search bar. Look for Walking Football weekly sessions then click on the blue button to take you to the registration page. If you need assistance or have any questions, please call Geoff on 9879 6718 or pop into the U3A office and someone will help you.

20EXE032: Walking Cricket **Type: Ongoing**
Dates: 04/02/2020 - 01/12/2020 **Frequency: Weekly Course, Tue 13:30 - 14:30**
Location: Adjacent to Hope City Church Unit 7, 37-51 Lusher Road Croydon **Tutor: Ingrid Tiltman**

Walking Cricket is a great game for seniors. You may have played cricket before or never touched a cricket bat, but anyone can play provided you have reasonable mobility. It's at a walking pace, with modified rules and a light weight bat. If you want to get some exercise and have some fun in a team game, then this is for you. Weekly sessions will be held at Saxons Sports Centre in Lusher Road in Croydon. Wear comfortable clothing and sports shoes. For more information call Ingrid on 0409 543 644.

20EXE033: Self Defence and Lifestyle Skills **Type: Yearly**
Dates: 05/02/2020 - 02/12/2020 **Frequency: Weekly Course, Wed 13:00 - 14:30**
Location: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave CROYDON **Tutor: Mike Quin**

Defensive principles and self defence tactics for lifestyle improvement and peace of mind. This course covers self defence principles and lifestyle strategies to assist the participant to lead a full and active life. The course is facilitated by Mike Quin, a well known martial artist and a supplier of many similar courses. The course highlights minimal movement with maximum effect. Topics include - reacting to perceived threat, minimising harm from encounters, profiling of attackers and health exercises that improve movement and strength. The course caters to all age groups and fitness levels and each lesson builds upon previous lessons while still catering for those who miss the odd session.

Please wear loose, comfortable clothing and rubber soled shoes. If you have questions or want more information, call Mike Quin on 0419 327 672.

20EXE035: Seated Aerobics + Weights (optional) **Type: Ongoing**
Dates: 04/02/2020 - 01/12/2020 **Frequency: Weekly Course, Tue 10:30 - 11:45**
Location: Between Lusher Rd/Civic Sq Birdwood Rd Croydon **Tutor: Joan Edwards**

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. The aerobics session ends at about 11:20. Some members then stay to do the weights exercise which usually ends about 11:45. We use light weights, and once again it is all done to music while seated.

20EXE040: Table Tennis - Monday **Type: Ongoing**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 9:45 - 11:45**
Location: Between Lusher Rd/Civic Sq Birdwood Rd Croydon **Tutor: Ivy Noden-Hill**

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.

20EXE041: Table Tennis - Beginners

Type: Ongoing

Dates: 05/02/2020 - 02/12/2020

Frequency: Weekly Course, Wed 10:00 - 11:30

Location: Between Lusher Rd/Civic Sq Birdwood Rd Croydon

Tutor: Trevor Bellinger

If you've never played table tennis before, or have played a little, you are welcome to join this Beginners group. The emphasis is on having fun and improving your skills. Please wear laced up shoes with a tread. Those beginners who are interested in gaining a little bit of basic coaching will be able to do so.

20EXE042: Table Tennis - Thursday

Type: Ongoing

Dates: 06/02/2020 - 03/12/2020

Frequency: Weekly Course, Thu 10:00 - 12:00

Location: Between Lusher Rd/Civic Sq Birdwood Rd Croydon

Tutor: Adrian Van Rooyen

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

20EXE044: Introduction to Qigong & Tai Chi - T1

Type: None

Dates: 03/02/2020 - 23/03/2020

Frequency: Weekly Course, Mon 14:30 - 15:30

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Jennie Hollis

Find out what Qigong is and how it differs to Tai Chi. Both practices improve balance, co-ordination and concentration while inducing relaxation. This class is for one term, but may be extended if this works for tutor and members.

20EXE045: Tai Chi - Advanced

Type: Ongoing

Dates: 06/02/2020 - 26/03/2020

Frequency: Weekly Course, Thu 9:30 - 10:40

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Jennie Hollis

The class begins with Qigong exercises including Shibashi 1,2 & 3 and Mawangdui. Sun style, Beijing 24 and Yang Tai Chi will be practiced, while learning Oolun Tai Chi form. For more information, phone Jennie on 0418 298 533

Must be competent in Sun and Beijing 24 Tai Chi styles.

20EXE048: Tai Chi - Intermediate (1)

Type: Ongoing

Dates: 06/02/2020 - 26/03/2020

Frequency: Weekly Course, Thu 10:45 - 11:45

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Roger Fiddian

The class begins with Qigong exercises including Shibashi 1 & 2. There will be time to practice Sun Style Tai Chi as well as learning Beijing 24. Some of the benefits of Tai Chi and Qigong include improved balance, flexibility, coordination and relaxation. For more information, phone Roger on 0419 534 465

Prerequisite - Participants must have done Beginners Sun Style Tai Chi.

20EXE050: Tai Chi/Meditation - Beginners Friday

Type: Ongoing

Dates: 07/02/2020 - 04/12/2020

Frequency: Weekly Course, Fri 9:30 - 10:30

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Toni Marshall

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.

20EXE057: Tai Chi - Intermediate (2)

Type: Ongoing

Dates: 06/02/2020 - 26/03/2020

Frequency: Weekly Course, Thu 11:50 - 13:00

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Jennie Hollis

The class begins with Qigong exercises including Shibashi 1,2 & 3 and Mawangdui Beijing 24, Sun & Oolun styles of Tai Chi will be practised while also learning a new style of Tai Chi. Pre-requisite: Must know at least 2 of the above mentioned Tai Chi styles. For more information, phone Jennie on 0478 298 533

Must know at least 2 of the Tai Chi styles mentioned in the description

20EXE070: Yoga - Monday AM **Type: Ongoing**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 9:30 - 10:45**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth Tutor: Ansje Loveridge
Gentle stretches & postures, relaxation & breathing practices. Pre-requisites: Yoga mat, light blanket & small cushion or folded towel. 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.

20EXE072: Yoga - Monday PM **Type: Ongoing**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 14:00 - 15:15**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth Tutor: Elaine Lai
This course will include relaxation, gentle exercises and postures to promote health and well-being. Please bring a yoga mat and towel.

20EXE077: Yoga - Wednesday **Type: Ongoing**
Dates: 05/02/2020 - 02/12/2020 **Frequency: Weekly Course, Wed 9:30 - 10:30**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth Tutor: Pamela Banfield
Exercises and postures designed to promote physical and spiritual well being. Prerequisites: A yoga mat

20EXE078: Yoga - Thursday **Type: Ongoing**
Dates: 06/02/2020 - 03/12/2020 **Frequency: Weekly Course, Thu 9:25 - 10:30**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth Tutor: Deirdre Morice
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. Beginners are welcome, class includes breathing and relaxation exercises. We use props to enable stretching and balance. Yoga helps posture, body strength and well being.
Wear loose clothing

20EXE082: Yoga - Intermediate Friday **Type: Ongoing**
Dates: 07/02/2020 - 04/12/2020 **Frequency: Weekly Course, Fri 11:15 - 12:15**
Location: Rear of Croydon Library Civic Square near Council Offices Croydon Tutor: Riet Taal
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.
This course builds on previous experience with yoga practices. We include breathing techniques, stretching, posture and yoga poses.

Games-Chess, card & board games, Mahjong , Crosswords

20GAM004: Bridge for Beginners-Supervised Play **Type: Ongoing**
Dates: 04/02/2020 - 01/12/2020 **Frequency: Weekly Course, Tue 10:30 - 12:00**
Location: Yarra Valley Bridge Club 6 Laurence Grove Ringwood East Tutor: Geoff Johnson
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.

20GAM005: Bridge for Beginners-Intro to the Game **Type: Ongoing**
Dates: 05/02/2020 - 02/12/2020 **Frequency: Weekly Course, Wed 10:30 - 12:15**
Location: Yarra Valley Bridge Club 6 Laurence Grove Ringwood East **Tutor: Geoff Johnson**

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.

20GAM010: Hand & Foot a form of Canasta **Type: Ongoing**
Dates: 05/02/2020 - 02/12/2020 **Frequency: Weekly Course, Wed 12:45 - 16:00**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth **Tutor: Rae Bartlett**

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.

Must be able to play Canasta

20GAM015: Chess **Type: Ongoing**
Dates: 06/02/2020 - 03/12/2020 **Frequency: Weekly Course, Thu 9:30 - 13:00**
Location: Next to Croydon Market Carpark 33 Kent Ave Croydon **Tutor: Tom Kenney**

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

20GAM022: Cryptic Crosswords **Type: Ongoing**
Dates: 04/02/2020 - 01/12/2020 **Frequency: Weekly Course, Tue 9:30 - 11:00**
Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon **Tutor: Yvonne Emerton**

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

20GAM025: Mahjong **Type: Ongoing**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 13:00 - 15:00**
Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon **Tutor: Lola Fogarty**

An ability to build a basic hand in ONE suit only (ie: Characters, Bamboos or Circles) of pongs/kong's which may include honour tiles and a chow. THIS IS NOT 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)

20GAM026: Mahjong - Social - No Beginners **Type: Ongoing**
Dates: 05/02/2020 - 02/12/2020 **Frequency: Weekly Course, Wed 10:40 - 12:15**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth **Tutor: Evelyn Faloon**

Play the ancient Chinese game of Mahjong that involves skill, strategy and a certain degree of luck. Playing with others using tactile pieces (or tiles) is much more fun than playing the game on the computer. Join our friendly group with the emphasis on fun and friendship. MUST KNOW HOW TO PLAY.

20GAM028: Rummikub **Type: Ongoing**
Dates: 06/02/2020 - 03/12/2020 **Frequency: Weekly Course, Thu 13:00 - 15:00**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth **Tutor: Isabel Valotto**

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

20GAM030: Scrabble

Type: Ongoing

Dates: 05/02/2020 - 02/12/2020

Frequency: Weekly Course, Wed 12:30 - 15:00

Location: Next to Croydon Market Carpark 33 Kent Ave Croydon

Tutor: Loretta Simmons

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

20GAM033: 500 Card Game

Type: Ongoing

Dates: 06/02/2020 - 03/12/2020

Frequency: Weekly Course, Thu 13:30 - 15:30

Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon

Tutor: Helen Wilson

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.

We will not play if temperature reaches 33 or over

History-Australian & Genealogy

20HIS005: Australian History

Type: Ongoing

Dates: 07/02/2020 - 04/12/2020

Frequency: Weekly Course, Fri 10:00 - 11:30

Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon

Tutor: Judith Walsh

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

20HIS015: Memories of my Childhood

Type: None

Dates: 03/02/2020 - 30/11/2020

Frequency: Weekly Course, Mon 10:00 - 11:30

Location: Next to Croydon Market Carpark 33 Kent Ave Croydon

Tutor: Susan Zwetsloot

'Using a scrapbook or album, each week we will prepare a small piece of writing on a given topic relating to our childhood, eg. School days, Christmas, Hobbies etc. We will share our experiences, reminisce and create a book of memories that we can keep or give to a grandchild or relative. This is a great way to preserve your memories and pass them on to the next generation. The format of this class and the type of album you will need will be discussed at the first session. Ring Susan on 0475 222 355 if you have any questions.'

20HIS020: Explore Melbourne

Type: Ongoing

Dates: 17/03/2020 - 20/10/2020

Frequency: Monthly, Tue 8:30 - 16:30

Location: Outside Venue 33 Kent Ave Croydon

Tutor: Gwen Owen

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.

20HIS024: Genealogy/Family History

Type: Ongoing

Dates: 06/02/2020 - 03/12/2020

Frequency: Weekly Course, Thu 10:00 - 12:30

Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon Tutor: Hilary Thomas

You will learn to search millions of records on-line at Libraries & specialized centres also record keeping and documentation. An understanding of DNA will be taught. The class share their knowledge of discoveries and stumbling blocks. External visits to State Library & Public Record Office. Classes are weekly with the Tutor in attendance on the 1st and 3rd Thursday of the month. Beginners must start at the beginning of the first term. A Laptop or Tablet is desirable for class. Also is having a computer at home with a Family History program installed -information on which will be discussed in class.

Humanities-Book Clubs,Cinema,Digital Camera,Speechcraft, Current Affairs etc

20HUM002: A Spiritual Journey

Type: Ongoing

Dates: 06/02/2020 - 03/12/2020

Frequency: Weekly Course, Thu 10:30 - 12:30

Location: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave CROYDON

Tutor: Tim Karanges

Karanges

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.

20HUM003: Book Chat-Keystone - 2nd Monday

Type: Ongoing

Dates: 10/02/2020 - 09/11/2020

Frequency: Monthly, Mon 11:00 - 12:15

Location: Outside Venue Enter Cnr.Clegg & Ainslie Park Ave CROYDON

Tutor: Sue Martin

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.

20HUM005: Book Club-Turn the Page - 4th Monday

Type: Ongoing

Dates: 24/02/2020 - 23/11/2020

Frequency: Monthly, Mon 11:00 - 12:00

Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon

Tutor: Patricia Cavanagh

Cavanagh

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.2020 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.

20HUM009: Book Club-St Georges - 1st Wed.

Type: Ongoing

Dates: 05/02/2020 - 02/12/2020

Frequency: Monthly, Wed 13:00 - 14:00

Location: Outside Venue Athletics Room Civic Square Croydon

Tutor: Beth Dooley

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. 2020 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.

20HUM018: Current Affairs **Type: Ongoing**
Dates: 06/02/2020 - 03/12/2020 **Frequency: Weekly Course, Thu 11:30 - 13:00**
Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth Tutor: Bruce Cormack

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

20HUM020: Digital Camera-Basic-Term 1 **Type: 1 Term**
Dates: 05/02/2020 - 25/03/2020 **Frequency: Weekly Course, Wed 13:30 - 15:00**
Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon Tutor: Brian McCarron

'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.

20HUM022: Digital Camera-Basic-Term 2 **Type: 1 Term**
Dates: 15/04/2020 - 24/06/2020 **Frequency: Weekly Course, Wed 13:30 - 15:00**
Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon Tutor: Brian McCarron

'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. Pre-requisites: 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.

20HUM038: Dinner Date **Type: Ongoing**
Dates: 10/03/2020 - 01/12/2020 **Frequency: Monthly, Tue 18:00 - 21:30**
Location: Outside Venue Athletics Room Civic Square Croydon Tutor: Merv Amos

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 via the Newsletter and a reminder email will be sent 2 weeks prior. 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. Requirement - independently mobile

20HUM041: Finance & Investing **Type: Ongoing**
Dates: 05/02/2020 - 02/12/2020 **Frequency: Weekly Course, Wed 10:30 - 11:30**
Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon Tutor: Keith Piper

This session will be great for anyone who is interested in learning about investing in Bitcoin, Crypto Currencies, Foreign Exchange, Shares, Gold/Silver etc. The program will be tailored for beginners who are starting out to invest or experienced investors that want to grow/protect their portfolios. We will discuss world financial issues and how we can prepare ourselves for pending changes. If you want to know more, you can contact Keith on 0410 316 542.

20HUM045: Holistic and Intuitive Development

Type: Ongoing

Dates: 04/02/2020 - 01/12/2020

Frequency: Weekly Course, Tue 11:00 - 12:30

Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon Tutor: Maria Kurdian

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

20HUM047: Bible Prophecy - Term 1

Type: None

Dates: 04/02/2020 - 03/03/2020

Frequency: Runs 1 term, Tue 13:00 - 15:00

Location: Venue Outside Athletics Room Civic Square Croydon

Tutor: Paul Ambrose

A huge topic and all fascinating! An overview of Biblical prophecy and the 66 books which make up the Bible. We can tackle the subjects the majority want or I can choose. Audience participation welcome. VENUE: PRIVATE HOME IN MOOROOLBARK. PLEASE RING PAUL AMBROSE 0488 509 744 for details.

20HUM056: Literature - Terms 1 & 2

Type: 2 Terms

Dates: 07/02/2020 - 26/06/2020

Frequency: Fortnightly, Fri 13:00 - 14:30

Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon

Tutor: Paul Martin

Participants in this unit explore how literary texts shape understandings of the world and enable us to enter other worlds of the imagination. Learners enjoy and respond creatively and critically to literary texts drawn from the past and present, and from Australian and other cultures. They discuss and reflect on what these texts offer them on a range of levels of response. The unit will foster an understanding between language, culture and identity and how views, values and ideas in texts are received by audiences. Close reading of the texts is a key focus and activity in this unit. -No formal background in Literature studies is needed but a love reading is essential. -Reading will be required between classes. - Titles of set texts are available from the tutor Paul Martin 0422 389 221

20HUM061: Meditation - Guided

Type: Ongoing

Dates: 03/02/2020 - 30/11/2020

Frequency: Weekly Course, Mon 11:00 - 12:30

Location: Cheong Park Back Building Cnr.Eastfield/Bayswater Rd Croydon Sth

Tutor: Maria Kurdian

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

20HUM070: Philosophy - Conscience and our Futures

Type: 2 Terms

Dates: 05/02/2020 - 24/06/2020

Frequency: Fortnightly, Wed 11:45 - 13:15

Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon

Tutor: Paul Martin

A recent review of Grayling's 'The History of Philosophy' suggested that philosophy asks two big questions: 'what is there?' and 'what matters?' Philosophy is an activity: it is a way of thinking about certain sorts of questions. Its most distinctive feature is its use of logical argument and among other things question of right and wrong, politics and the nature of the external world are of interest. More recently the factors influencing decision-making in local, state, national and world platforms have evolved and come under scrutiny. In light of these, this unit will examine the philosophy behind CONSCIENCE in the 21st Century. It will also look at PHILOSOPHY'S ABILITY TO HELP US MOVE FORWARD WITH OUR LIVES. A variety of philosophical writers and sources will help these analyses. Please contact me for further information Paul Martin 0422 389 221

20HUM073: Play Reading **Type: Ongoing**
Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 9:30 - 12:00**
Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon **Tutor: Karyn Pacchiana**

A small group of people interested & happy to be reading a part in a variety of plays to enjoy some talented, historic play writers. NO EXPERIENCE NECESSARY. NOTE: THERE WILL BE NO CLASS ON THE 4TH MONDAY OF EACH MONTH.

20HUM074: What is NBN? - Term 1 **Type: None**
Dates: 18/03/2020 - 18/03/2020 **Frequency: None, Wed 14:00 - 15:30**
Location: Portable Room 3 382-388 Liverpool Road Kilsyth **Tutor: Ingrid Tiltman**

We ran this presentation in 2019 and it proved to be a very useful and informative session for our members, so we are giving you another chance to get the facts on the NBN. Is NBN coming to your area soon? Perhaps you've recently connected. This presentation will take the mystery and misinformation out of the broadband service that is expanding all over Australia and has been the subject of some controversy. Get accurate information and tips to help you connect with the minimum of fuss. There'll be plenty of opportunity to ask questions. The NBN presentation will be in Room 3, Kilsyth South Baptist Church. Any queries about this session, contact Ingrid 0409 543 644

20HUM078: Potted Poets **Type: Ongoing**
Dates: 05/02/2020 - 02/12/2020 **Frequency: Weekly Course, Wed 10:00 - 12:00**
Location: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave CROYDON **Tutor: Kevin Mulvogue**

Something must be OK - it's our 17th 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.

20HUM080: Speechcraft - Tuesday **Type: Ongoing**
Dates: 04/02/2020 - 01/12/2020 **Frequency: Weekly Course, Tue 14:00 - 15:30**
Location: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave CROYDON **Tutor: Philippa Pavillard**

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.

20HUM081: Speechcraft - Friday **Type: Ongoing**
Dates: 07/02/2020 - 04/12/2020 **Frequency: Weekly Course, Fri 14:00 - 15:30**
Location: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave CROYDON **Tutor: Philippa Pavillard**

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.

Language- French, German & Italian. Various levels

20LAN003: French Beginners 1st Year

Type: Yearly

Dates: 07/02/2020 - 04/12/2020

Frequency: Weekly Course, Fri 9:30 - 11:00

Location: Rear of Croydon Library Civic Square near Council Offices Croydon **Tutor: Onre Dossena**

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 those who wish to brush up on their knowledge of the basics. The first term in 2020 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.

20LAN005: French Level 1+

Type: Ongoing

Dates: 03/02/2020 - 30/11/2020

Frequency: Weekly Course, Mon 13:30 - 15:00

Location: Rosella Room 30 Glen Park Road Bayswater North

Tutor: Janine Ochsenbein

A basic knowledge of French is required. Continuing students from 2019 and new students will be required to purchase a new textbook to be announced. We study modern French listening speaking, reading, writing, grammar and culture.

NO BEGINNERS PLEASE.

20LAN010: French Level 2

Type: Ongoing

Dates: 06/02/2020 - 03/12/2020

Frequency: Weekly Course, Thu 9:30 - 11:30

Location: Swinburne Uni 12-50 Norton Road Croydon

Tutor: Janine Ochsenbein

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

20LAN015: French Level 3

Type: Ongoing

Dates: 05/02/2020 - 02/12/2020

Frequency: Weekly Course, Wed 13:00 - 15:00

Location: Portable Room 3 382-388 Liverpool Road Kilsyth

Tutor: Janine Ochsenbein

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.

20LAN020: French Intermediate

Type: Ongoing

Dates: 06/02/2020 - 03/12/2020

Frequency: Weekly Course, Thu 12:30 - 14:15

Location: Swinburne Uni 12-50 Norton Road Croydon

Tutor: Diana Long

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

20LAN028: French on Friday **Type: Ongoing**

Dates: 07/02/2020 - 04/12/2020 **Frequency: Weekly Course, Fri 11:30 - 13:00**

Location: Enter via Norton Rd opp TAFE Athletics Room Civic Square Croydon **Tutor: Ian Birchall**

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

20LAN029: German Conversation **Type: Ongoing**

Dates: 04/02/2020 - 01/12/2020 **Frequency: Weekly Course, Tue 12:15 - 13:45**

Location: Next to Croydon Market Carpark 33 Kent Ave Croydon **Tutor: Peter Duss**

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

20LAN030: German - Level 1+ **Type: Ongoing**

Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 9:30 - 11:30**

Location: Rosella Room 30 Glen Park Road Bayswater North **Tutor: Janine Ochsenbein**

This course is aimed at continuing students from 2019. New students are welcome if they have some previous knowledge of German. Textbook - to be announced.

NO BEGINNERS PLEASE.

20LAN035: German - Level 2 **Type: Ongoing**

Dates: 05/02/2020 - 02/12/2020 **Frequency: Weekly Course, Wed 10:00 - 12:00**

Location: Portable Room 3 382-388 Liverpool Road Kilsyth **Tutor: Janine Ochsenbein**

German Level 2 is aimed at students with an intermediate knowledge of German e.g Year 10 at school or other previous experience. Activities - listening, speaking, reading, writing, cultural knowledge. New students and continuing students from 2019 will need to purchase a new textbook to be announced.

20LAN045: Italian Basic Conversation **Type: Ongoing**

Dates: 03/02/2020 - 30/11/2020 **Frequency: Weekly Course, Mon 11:45 - 13:15**

Location: Rosella Room 30 Glen Park Road Bayswater North **Tutor: None**

This class is a continuation of the 2019 class and will be UNTUTORED for Term 1, 2020. There will be no new enrolments in Term 1. A Tutor will be appointed at the start of Term 2 and new enrolments will be considered then.

Music-Choir & Guitar & Ukulele

20MUS010: Beginners Guitar **Type: Yearly**

Dates: 07/02/2020 - 04/12/2020 **Frequency: Weekly Course, Fri 10:45 - 12:15**

Location: Rear Springfield Swim Pool Springfield St Croydon **Tutor: Terry Foster**

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.

20MUS013: Beginners Ukulele

Type: Ongoing

Dates: 07/02/2020 - 04/12/2020

Frequency: Weekly Course, Fri 10:45 - 12:15

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Frank Brown

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.

20MUS016: Croydon U3a Singers

Type: Ongoing

Dates: 05/02/2020 - 02/12/2020

Frequency: Weekly Course, Wed 13:30 - 15:00

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Mary Fraser

This is a non-auditioned choir for people who enjoy singing together for pleasure, with a repertoire mainly of well-known songs. Bring a black folder with plastic sleeves for music. Small charge each term for photocopying. No pre-requisites. Occasional performances e.g at nursing homes these excursions are optional.

20MUS020: Guitar & Ukulele

Type: Ongoing

Dates: 03/02/2020 - 14/12/2020

Frequency: Weekly Course, Mon 9:30 - 11:30

Location: Rear Springfield Swim Pool Springfield St Croydon

Tutor: Colin McLaren

This course does NOT provide tuition for beginners or inexperienced guitar and ukulele players and initially, this course will only be available to members who have completed this course in 2019. New members, who will need to be reasonably competent musicians, are, however, most welcome to enrol but will be placed on a 'Wait List' until such time as a vacancy occurs, and acceptance will be chronologically based on the date and time of enrolment. NEW MEMBERS WILL ALSO NEED TO PURCHASE 8 YEARS OF SONG SHEETS COSTING \$38.00. Come along and enjoy yourself while learning to play and sing as a group. A one-off fee of \$20.00 (or pro rata) 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. DO NOT PURCHASE AN INSTRUMENT UNTIL YOUR ENROLMENT HAS BEEN CONFIRMED AND YOU HAVE SPOKEN WITH A TUTOR. PLEASE NOTE TERM FOUR WILL FINISH LATER MONDAY DECEMBER 14TH.

20MUS030: Music Appreciation

Type: Ongoing

Dates: 06/02/2020 - 03/12/2020

Frequency: Weekly Course, Thu 14:15 - 16:30

Location: Swinburne Uni 12-50 Norton Road Croydon

Tutor: Gregory Nicholas

Come and join in at the Swinburne facility, Norton Road, Croydon, Room CG112. This course follows the traditional Music Appreciation approach, which is based on classical European music, but expands the scope to include other musical forms: folk and popular music, jazz, and music from other cultures. Most of class time is spent listening to music, and discussing its elements, form instrumentation, performers and composers. Our sources of music include CDs, DVDs and internet downloads. Periodically we use quality video lectures to explain aspects of musical theory, acoustics, instrumentation and social factors. When possible, excursions to selected music venues will be arranged. Class members are encouraged to bring along, and introduce, recordings of their own favourites.

20MUS035: Musical Jam

Type: Ongoing

Dates: 05/02/2020 - 02/12/2020

Frequency: Weekly Course, Wed 9:30 - 11:30

Location: Portable Room 1 382-388 Liverpool Road Kilsyth

Tutor: John Manderson

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.

Science-Astronomy & Gardening

20SCI010: Gardening

Type: Ongoing

Dates: 25/02/2020 - 24/11/2020

Frequency: Monthly, Tue 10:30 - 12:00

Location: Outside Venue 382-388 Liverpool Road Kilsyth

Tutor: Lorri Hayes

THE GARDEN ADVENTURE FOR 2020 This group meets on the last Tuesday of the month and next year being 2020, we will be adventuring and visiting various garden establishments to widen our knowledge, and get ideas and information to inspire you to create your own dream gardens (even if you have a small garden). Some of the subjects to be covered in 2020 will be: Heat Tolerant Plants, all about the different soils and how to treat them, planting your vegetable patch, lawn maintenance, and attracting birds, bees and the beneficial insects to your gardens. A GOOD LEVEL OF MOBILITY IS REQUIRED BY PARTICIPANTS. Some classes will require members to bring gardening gloves, but you will be given notice as to when to bring them. SHOES WITH NON-SLIP SOLES MUST BE WORN There will be small costs incurred with our visits to the venues, but it will be well worth your investment. PLEASE CONTACT - TUTOR LORRI ON 0401 858 067 FOR MORE DETAILS.

20ZZZ001: Course for No Course

Type: Long Course

Dates: 03/02/2020 - 04/12/2020

Frequency: None, Mon 9:00 - 0:00

Location: None 382-388 Liverpool Road Kilsyth

Tutor: Geoff Kidd

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.

Volunteers- Committee, Publicity, Office Duty, Events

20AAVOL1: Volunteer for Committee

Type: Long Course

Dates: 03/02/2020 - 04/12/2020

Frequency: Monthly, Mon 0:00 - 0:00

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: None

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.

20AAVOL2: Volunteer for Office

Type: None

Dates: 03/02/2020 - 04/12/2020

Frequency: Weekly Course, Mon 0:00 - 0:00

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Sue Lakeland

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.

20AAVOL3: Volunteer to help with Publicity

Type: None

Dates: 03/02/2020 - 04/12/2020

Frequency: Random dates as specified, Mon 0:00 - 0:00

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Trevor Bellinger

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.

20AAVOL4: Volunteer with Events/Social Committee

Type: None

Dates: 03/02/2020 - 04/12/2020

Frequency: Random dates as specified, Mon 0:00 - 0:00

Location: Outside Venue 1 Civic Square Croydon

Tutor: Christine Hawkins

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.
