



THE UNIVERSITY OF THE THIRD AGE

U3A Croydon Inc.

2022 Courses

15 April 2022

U3A Croydon Inc. Contact Details

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Inside Venue Locations

Code	Description	Address
Ainslie Park	Croydon West Guide Hall	Cnr Clegg & Ainslie Park Ave, Croydon, 3136 Entry via Ainslie Park Ave
Aquahub Civic Square	Croydon Aquahub	11 Civic Square, Croydon, 3136 Opposite Birdwood Rd
Baptist Church	Kilsyth South Baptist Church	382 – 388 Liverpool Rd, Kilsyth, 3137
Birdwood Scout Hall	3 rd Croydon Scout Hall	15 Birdwood Rd, Croydon, 3136 Between Lusher Rd and Civic Square
Cheong Park	Back Building, Cheong Park	Cnr Eastfield Road and Bayswater Road, Croydon South, 3136 Entry from Eastfield Road
Glenn Frost Room	Glenn Frost Room	Civic Square Croydon, 3136 Rear of Croydon Library, near Council Offices
Kent Ave Scout Hall	Croydon Central Scout Hall	33 Kent Avenue, Croydon, 3136 Next to Croydon Central Shopping Centre Car Park (North End)
Keystone Clubrooms	Athletics Room	Athletics Room Complex, 1 Civic Square, Croydon, 3136 Enter via the Norton Rd car park, Opposite Swinburne TAFE
Keystone Hall	Keystone Hall (Opposite Council Offices)	9 Civic Square, Croydon, 3136
Keystone Office	U3A Croydon Office (Opposite Council Offices)	1 Civic Square, Croydon, 3136 Enter via the Norton Rd car park, Opposite Swinburne TAFE
John Frost Stadium	Front Building, Cheong Park	Cnr Eastfield Road and Bayswater Road, Croydon South, 3136 Entry from Eastfield Road
Saxons Sport Centre	Adjacent to Hope City Church	Unit 7, 37 – 51 Lusher Rd, Croydon, 3136
Springfield Pavilion	Springfield Pavilion	Cnr Springfield Ave and Mt Dandenong Rd, Croydon, 3136
Swim Log Cabin	Croydon Swimming Club Hall	Springfield Avenue, Croydon, 3136 Rear of Croydon Memorial Pool

Outside Venue Locations

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

Mailing, Administration

22ADM006: Newsletter and Other Mailouts

Type: Ongoing

Dates: 31/01/2022 - 02/12/2022

Frequency: Monthly, Mon 9:00am - 12:30pm

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Viv Amos

Fee: \$15.00

Those members who do not have an email address or wish to have black/white copies of newsletters & other important letters sent to them by mail, need to select this 'course' box. An annual \$15 fee is charged for this service to partially cover the cost of postage etc

Volunteers

22AAVOL1: Volunteer for Committee

Type: Ongoing

Dates: 31/01/2022 - 02/12/2022

Frequency: Monthly, Mon 9:00am - 12:00noon

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.

22AAVOL2: Volunteer for Office - Monday

Type: Ongoing

Dates: 31/01/2022 - 02/12/2022

Frequency: Random dates as specified, Mon 10:00am - 12:30pm

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Pam McAleese

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 with your preferred day Monday. We will contact you to discuss further your preferred dates. Note this selection is not counted in the maximum number of courses you can enrol in.

22AAVOL3: Volunteer for Office - Tuesday

Type: Ongoing

Dates: 01/02/2022 - 02/12/2022

Frequency: Random dates as specified, Tue 10:00am - 12:30pm

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Pam McAleese

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 with your preferred day Tuesday. We will contact you to discuss further your preferred dates. Note this selection is not counted in the maximum number of courses you can enrol in.

22AAVOL4: Volunteer for Office - Wednesday

Type: Ongoing

Dates: 02/02/2022 - 02/12/2022

Frequency: Random dates as specified, Wed 10:00am - 12:30pm

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Pam McAleese

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 with your preferred day Wednesday. We will contact you to discuss further your preferred dates. Note this selection is not counted in the maximum number of courses you can enrol in.

22AAVOL5: Volunteer for Office - Thursday

Type: Ongoing

Dates: 03/02/2022 - 02/12/2022

Frequency: Random dates as specified, Thu 10:00am - 12:30pm

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Pam McAleese

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 with your preferred day Thursday. We will contact you to discuss further your preferred dates. Note this selection is not counted in the maximum number of courses you can enrol in.

22AAVOL6: Volunteer for Office - Friday **Type: Ongoing**

Dates: 04/02/2022 - 02/12/2022 **Frequency: Random dates as specified, Fri 10:00am - 12:30pm**

Location: U3A Office opp Council Offices 1 Civic Square Croydon **Tutor: Pam McAleese**

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 with your preferred day Friday. We will contact you to discuss further your preferred dates. Note this selection is not counted in the maximum number of courses you can enrol in.

22AAVOL7: Volunteer to help with Publicity **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Random dates as specified, Mon 10:00am - 12:00noon**

Location: U3A Office opp Council Offices 1 Civic Square Croydon **Tutor: None**

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.

22AAVOL8: Volunteer with Events/Social Committee **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Random dates as specified, Mon 10:00am - 12:00noon**

Location: Outside Venue **Tutor: None**

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.

Art-Sketch & Watercolour

22ART002: Acrylic Painting with Ineke **Type: Ongoing**

Dates: 01/02/2022 - 02/12/2022 **Frequency: Weekly Course, Tue 9:00am - 12:00noon**

Location: Swim Log Cabin Rear Springfield Swim Pool 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

22ART005: Watercolour - A **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 12:00noon - 2:30pm**

Location: Swim Log Cabin Rear Springfield Swim Pool Croydon **Tutor: Jenny Tiller**

This is a class where we share knowledge and ideas. Our aim is to assist in the learning of colour mixing, composition and techniques in the medium of watercolour. No previous experience required

22ART010: Watercolour - B **Type: Ongoing**

Dates: 02/02/2022 - 02/12/2022 **Frequency: Weekly Course, Wed 9:00am - 12:00noon**

Location: Swim Log Cabin Rear Springfield Swim Pool Croydon **Tutor: Jenny Tiller**

This is a class where we share knowledge and ideas. Our aim is to assist in the learning of colour mixing, composition and techniques in the medium of watercolour. No previous experience required

Computer-Microsoft Basics to Advanced Levels plus iPad

22COM002: Computers-Basic Level 1 Term 2

Type: 1Term

Dates: 29/04/2022 - 10/06/2022

Frequency: Weekly Course, Fri 1:00pm - 2:30pm

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Trevor Bellinger

Fee: \$20.00

You must have your own Windows computer to practise on. Before you start your journey you need to learn how to use and control the mouse and understand the use of the basic keys on your computer keyboard. You will learn how to format text, create files and folders, understand the 'ribbon' toolbars, the components of your computer, using a USB stick, spell-checking plus lots more. Class runs for 7 consecutive weeks NOTE: \$20 computer fee must be paid 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 C0ordinator as to their suitability for the course.

22COM052: Computers-iPad for Beginners Term 2

Type: 1Term

Dates: 26/04/2022 - 21/06/2022

Frequency: Weekly Course, Tue 1:00pm - 2:30pm

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Trevor Bellinger

NOTE: Whilst no computer fee will be charged for this course you will need to pay \$2 to cover the cost of photocopying of the notes. This course is for iPad owners and NOT for Android tablet owners. Involves perusing and adjusting the Settings on your iPad, editing text/emailing photos/pictures & other documents. Dictation, using SIRI, managing Contacts, using Facetime, obtaining apps, books etc from the APP Store etc. Course notes will be provided by Tutor. Phone TREVOR on 9729 9308 before enrolling & to get more details. You will need to bring along your own FULLY CHARGED iPad each week. Everyone who enrolls will be placed on a Wait List until they are assessed by the Computer Course C0-Ordinator as to their suitability to the course.

22COM060: Computers-Level 2 Term 2

Type: 1Term

Dates: 29/04/2022 - 24/06/2022

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

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

Fee: \$20.00

Working with folders & how to use a USB Drive. Inserting & placing pictures in a document. Saving pictures and text from the internet as well as basic editing/enhancing these pictures in the document which includes grouping & arranging objects. Using WordArt & creating tables; Inserting shapes & borders and page numbers. Also general computer maintenance. Notes will be given for a small charge to cover the cost of photocopying and will ONLY BE PROVIDED FOR THOSE LESSONS YOU ATTEND.

Must have Microsoft Office installed on your own computer. NOTE: \$20 COMPUTER FEE IS TO BE PAID BEFORE THE COURSE COMMENCES. ENQUIRIES: Joy or Trevor 9729 9308

22COM073: Computers-Windows 10 Term 2

Type: 1 Term

Dates: 27/04/2022 - 22/06/2022

Frequency: Weekly Course, Wed 1:30pm - 3:00pm

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Joy Bellinger

Fee: \$20.00

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. Notes will be provided to the participants. ONLY those who attend the session will receive the notes. IMPORTANT: YOU MUST CONTACT TREVOR ON 9729 9308 PRIOR TO ENROLLING.

22COM101: Using the Internet-Term 2 **Type: Short Course**

Dates: 28/04/2022 - 12/05/2022 **Frequency: Weekly Course, Thu 1:30pm - 3:00pm**

Location: U3A Office opp Council Offices 1 Civic Square Croydon **Tutor: Trevor Bellinger**

-What can I use the Internet for? -What are web browsers and Search engines? -Different web browsers and Search engines -Searching the Internet. Tips for better searching. -Taking care on the internet -Downloading pictures/documents etc from the Internet -Using YouTube

22COM305: Computer Maintenance & Tips **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 9:30am - 11:00am**

Location: Keystone Athletics Enter via Norton Rd opp TAFE **Tutor: Neil Rose**

Introduction to the history and operations of computers, mechanics of computer hardware, MS Windows and other Operating Systems, diagnosis and repair of faults with computers and/or software applications, virus removal and repairs, recovery of lost files, photographs etc, upgrading old windows operating systems to current versions while keeping old programs and files intact, setup of home computer networks.

22COM310: BYO Device to Class **Type: Ongoing**

Dates: 04/02/2022 - 02/12/2022 **Frequency: None, Fri 9:45am - 11:15am**

Location: Keystone Athletics Enter via Norton Rd opp TAFE **Tutor: Neil Rose**

Bring your own device, Windows, Android or Apple etc to class to be taught how to use them and what Apps they can support, using Be Connected programs. Additionally, if their device has a fault, a technician will attempt to diagnose the nature of the fault, determine any part that needs to be replaced, suggest suppliers where this part can be purchased by the member and install the part at no cost to them.

22COM315: Photo Repair & Enhancement-Term2 **Type: 1Term**

Dates: 27/04/2022 - 22/06/2022 **Frequency: Weekly Course, Wed 10:00am - 11:30am**

Location: U3A Office opp Council Offices 1 Civic Square Croydon **Tutor: Joy Bellinger**

Fee: \$20.00

This is a basic course on how to digitally enhance and repair photos using 2 programs - Microsoft Photo App which comes with Windows 10 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.

To enrol in this course pupils must have a computer of their own with windows 10/11 & be confident in using it.
NOTE: The \$20 computer Fee must be paid before commencement of class IMPORTANT: YOU MUST CONTACT TREVOR OR JOY BELLINGER 9729 9308 PRIOR TO ENROLLING TO CONFIRM ELIGIBILITY. ENQUIRIES: Joy Bellinger

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

22CRA005: Beading & Chainmaille **Type: Ongoing**

Dates: 04/02/2022 - 02/12/2022 **Frequency: Weekly Course, Fri 10:00am - 12:00noon**

Location: Kent Ave Scout Hall Room 1 33 Kent Ave Croydon **Tutor: Inge Boucher**

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 Inge on 9736 2052

22CRA010: Card Making - AM **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 9:15am - 11:30am**

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.

During lockdowns the class will be running on Zoom

22CRA012: Card Making - PM **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 1:30pm - 4:00pm**

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.

During lockdowns the class will be running on Zoom

22CRA015: Designer Cards **Type: Ongoing**

Dates: 01/02/2022 - 02/12/2022 **Frequency: Weekly Course, Tue 9:30am - 11:30am**

Location: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **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.

22CRA020: Creative Craft **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 9:00am - 11:15am**

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 the temperature is over 30 degrees.

22CRA032: Patchwork - Wednesday **Type: Ongoing**

Dates: 02/02/2022 - 02/12/2022 **Frequency: Weekly Course, Wed 9:45am - 11:45am**

Location: Keystone Athletics Enter via Norton Rd opp TAFE **Tutor: Jude 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.

22CRA033: Patchwork - Friday **Type: Ongoing**

Dates: 04/02/2022 - 02/12/2022 **Frequency: Weekly Course, Fri 10:00am - 12:00noon**

Location: Kent Ave Scout Hall Room 2 33 Kent 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.

22CRA037: Patchwork - Machine & Hand **Type: Ongoing**

Dates: 04/02/2022 - 02/12/2022

Frequency: Weekly Course, Fri 11:45am - 3:30pm

Location: Keystone Hall 9 Civic Square Croydon

Tutor: Karyn Pacchiana

This class is for patchworkers who want to machine sew or hand stitch their quilts with social company. Members will need to BYO sewing machine and supplies. Expect a friendly, relaxed atmosphere - No quilting police here. Please note that all electrical equipment that you bring to class will need to have been tested and tagged.

22CRA039: Scrapbooking **Type: Ongoing**

Dates: 01/02/2022 - 02/12/2022

Frequency: Weekly Course, Tue 11:45am - 2:45pm

Location: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Tutor: Trish Davis**

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

22CRA042: Craft - Unfinished Objects **Type: Ongoing**

Dates: 02/02/2022 - 02/12/2022

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

Location: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon

Tutor: Karyn Pacchiana

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.

22CRA045: Busy Hands **Type: None**

Dates: 28/04/2022 - 02/12/2022

Frequency: Weekly Course, Thu 1:00pm - 3:00pm

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth

Tutor: Lyn McMahon

This is a class for people who like to share ideas, learn from each other and complete their PHD's (Projects Half Done) in a friendly atmosphere.

BYO quilts, knitting, crocheting etc, whatever crafty things you are working on.

Dancing-Scottish, Line & Ballroom

22DAN005: Ballroom Dancing **Type: Ongoing**

Dates: 03/02/2022 - 02/12/2022

Frequency: Weekly Course, Thu 1:15pm - 3:00pm

Location: Swim Log Cabin Rear Springfield Swim Pool Croydon

Tutor: Viv Amos

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.

22DAN012: Dot's Line Dancing - Beginners Mon **Type: Ongoing**

Dates: 31/01/2022 - 01/12/2022

Frequency: Weekly Course, Mon 12:00noon - 1:30pm

Location: John Frost Stadium Front Building, Cnr. Eastfield/Bayswater Rd Croydon Sth

Tutor: Elly Raaymakers

Line dancing is a very pleasant form of exercise to music. Although classed as a social activity it exercises both mind and body. Members will be welcomed into a friendly atmosphere, with no pressure, just enjoy. Everyone learns at their own pace, so this class is slow and steady. No new enrolments after start of Term 3 unless prior Line Dancing experience. Sturdy footwear (no thongs, slip ons).

Beginners only before 12:45pm. No wait list available. Members can join throughout the year if there is a vacancy. The class will not run if the temperature is over 30 degrees.

22DAN015: Dot's Line Dance/Beginners- FRIDAY **Type: Ongoing**

Dates: 29/04/2022 - 02/12/2022 **Frequency: Weekly Course, Fri 9:30am - 11:00am**

Location: Birdwood Scout Hall Between Lusher Rd/Civic Sq 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.

22DAN020: Dot's Line Dancing - Improvers/Easy **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 12:45pm - 1:45pm**

Location: John Frost Stadium Front Building,Cnr.Eastfield/Bayswater Rd Croydon Sth **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.

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

22EXE005: Bushwalking Saturday **Type: Ongoing**

Dates: 05/02/2022 - 02/12/2022 **Frequency: Fortnightly, Sat 9:00am - 4:00pm**

Location: Outside Venue **Tutor: Trudi Doblin**

Depending on the post- pandemic conditions the Team Leaders plan to offer a wide variety of 6 to 12 km, easy to medium grade, morning or day walks in our beautiful environment on the 1st and 3rd Saturday of each month. Each walk will be checked out before it is offered and the program will be available via email every month/term but walks may have to be adjusted depending on weather conditions. Participants are responsible for their own fitness, safety and well-being (the walks will have up and downhill sections and are not a stroll in the park) and also provide their own equipment such as waterproof shoes/boots with a good profile sole, a small backpack for water, provisions, mat, hat, rain gear, first aid kit, petrol money. Using poles takes pressure off the joints and is recommended, also Ambulance Cover. We meet in the car park of the Croydon Station near the Kent Ave round-about for carpooling and a 9 am start, otherwise members will be advised of the meeting place with Melway reference and start time for the walk, and will have to organise their own transport. Each member is expected to be fully COVID vaccinated by the start of 2022. Members can join throughout the year if there is a vacancy, group limit of 20

22EXE006: Explore with me **Type: Ongoing**

Dates: 11/02/2022 - 02/12/2022 **Frequency: Monthly, Fri 9:00am - 4:00pm**

Location: Outside Venue **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.

22EXE010: Cycling - Fortnightly

Type: Ongoing

Dates: 01/02/2022 - 02/12/2022

Frequency: Fortnightly, Tue 9:00am - 1:00pm

Location: Outside Venue

Tutor: Geoff Perkins

Rides start in Croydon, nearby suburbs or occasionally further afield. Riders need to arrange their own (or shared) transport to the starting/finishing location. Typically, rides are from 25 to 40 km; nothing too strenuous. We aim to stay on bike paths or relatively quiet streets and travel as a group. A coffee break and chat at a café along the way is an essential part of each ride. For more information please contact: Geoff 0438 313 694 or Bruce 0413 830 001

Prerequisites: Roadworthy bicycle including a spare tube, mobile phone; a bike lock can be handy too. Moderate level of fitness. Rides are held on the first Tuesday of each term, then fortnightly until the end of term. TERM 1 START 9 a.m. TERM 2, 3, 4 START 9.30 a.m. A program of the rides for each term, including starting location, brief itinerary and approximate ride distance is issued prior to the start of term. Rides may be cancelled when extreme weather is expected.

22EXE011: Cycling - Fortnightly

Type: Ongoing

Dates: 03/02/2022 - 02/12/2022

Frequency: Fortnightly, Thu 8:00am - 12:00noon

Location: Outside Venue

Tutor: Chris Simpson

Rides mostly on trails and back roads, usually 40 to 55 kms on 2nd and 4th Thursdays alternating with Tuesday rides (22EXE010). Find details of rides on the website (list will be emailed directly to participants). <https://u3acroydon.org.au/cycling-activity/> All rides start at 8.00am - usually 4 hours duration including morning tea.

Prerequisites: a suitable fitness level and a roadworthy bike. Other rides on alternative Thursdays and every Tuesday throughout the year - internally advertised. Rides are all over metropolitan area; car pooling is encouraged

22EXE021: Pool Recreation for Seniors Week 1

Type: 1 day

Dates: 02/05/2022 - 02/05/2022

Frequency: 1 Day Course, Mon 10:30am - 12:00noon

Location: Aquanation Swim Centre Cnr Greenwood Ave & Reilly St Ringwood Tutor: Trudi Micallef

Free Seniors Pool Program – Aquanation Ringwood Mondays (up to 10 spots available each week) 10:30am - Meet at Facility entry (LSV staff member) 10:35am - Small tour and friendly chat 11:00am - Age Friendly Warm Water Class 11:45am - Group walk in water and chat 12:00pm - Get changed followed by Coffee and Cake I will be present at each session, meeting everyone and assisting them as needed. The sessions are free however we need to stress that participants don't register unless they can attend. Participants will need to bring the following items with them: Appropriate personal swim wear, water bottle, warm clothes to get changed into and towel. Please let me know if you have any questions.

22EXE022: Pool Recreation for Seniors Week 2

Type: 1 day

Dates: 09/05/2022 - 09/05/2022

Frequency: 1 Day Course, Mon 10:30am - 12:00noon

Location: Aquanation Swim Centre Cnr Greenwood Ave & Reilly St Ringwood Tutor: Trudi Micallef

Free Seniors Pool Program – Aquanation Ringwood Mondays (up to 10 spots available each week) 10:30am - Meet at Facility entry (LSV staff member) 10:35am - Small tour and friendly chat 11:00am - Age Friendly Warm Water Class 11:45am - Group walk in water and chat 12:00pm - Get changed followed by Coffee and Cake I will be present at each session, meeting everyone and assisting them as needed. The sessions are free however we need to stress that participants don't register unless they can attend. Participants will need to bring the following items with them: Appropriate personal swim wear, water bottle, warm clothes to get changed into and towel. Please let me know if you have any questions.

22EXE023: Pool Recreation for Seniors Week 3 **Type: 1 day**

Dates: 16/05/2022 - 16/05/2022 **Frequency: 1 Day Course, Mon 10:30am - 12:00noon**

Location: Aquanation Swim Centre Cnr Greenwood Ave & Reilly St Ringwood Tutor: Trudi Micallef

Free Seniors Pool Program – Aquanation Ringwood Mondays (up to 10 spots available each week) 10:30am - Meet at Facility entry (LSV staff member) 10:35am - Small tour and friendly chat 11:00am - Age Friendly Warm Water Class 11:45am - Group walk in water and chat 12:00pm - Get changed followed by Coffee and Cake I will be present at each session, meeting everyone and assisting them as needed. The sessions are free however we need to stress that participants don't register unless they can attend. Participants will need to bring the following items with them: Appropriate personal swim wear, water bottle, warm clothes to get changed into and towel. Please let me know if you have any questions.

22EXE024: Pool Recreation for Seniors Week 4 **Type: 1 day**

Dates: 23/05/2022 - 23/05/2022 **Frequency: 1 Day Course, Mon 10:30am - 12:00noon**

Location: Aquanation Swim Centre Cnr Greenwood Ave & Reilly St Ringwood Tutor: Trudi Micallef

Free Seniors Pool Program – Aquanation Ringwood Mondays (up to 10 spots available each week) 10:30am - Meet at Facility entry (LSV staff member) 10:35am - Small tour and friendly chat 11:00am - Age Friendly Warm Water Class 11:45am - Group walk in water and chat 12:00pm - Get changed followed by Coffee and Cake I will be present at each session, meeting everyone and assisting them as needed. The sessions are free however we need to stress that participants don't register unless they can attend. Participants will need to bring the following items with them: Appropriate personal swim wear, water bottle, warm clothes to get changed into and towel. Please let me know if you have any questions.

22EXE025: Pool Recreation for Seniors Week 5 **Type: 1 day**

Dates: 30/05/2022 - 30/05/2022 **Frequency: 1 Day Course, Mon 10:30am - 12:00noon**

Location: Aquanation Swim Centre Cnr Greenwood Ave & Reilly St Ringwood Tutor: Trudi Micallef

Free Seniors Pool Program – Aquanation Ringwood Mondays (up to 10 spots available each week) 10:30am - Meet at Facility entry (LSV staff member) 10:35am - Small tour and friendly chat 11:00am - Age Friendly Warm Water Class 11:45am - Group walk in water and chat 12:00pm - Get changed followed by Coffee and Cake I will be present at each session, meeting everyone and assisting them as needed. The sessions are free however we need to stress that participants don't register unless they can attend. Participants will need to bring the following items with them: Appropriate personal swim wear, water bottle, warm clothes to get changed into and towel. Please let me know if you have any questions.

22EXE026: Pool Recreation for Seniors Week 6 **Type: 1 day**

Dates: 06/06/2022 - 06/06/2022 **Frequency: 1 Day Course, Mon 10:30am - 12:00noon**

Location: Aquanation Swim Centre Cnr Greenwood Ave & Reilly St Ringwood Tutor: Trudi Micallef

Free Seniors Pool Program – Aquanation Ringwood Mondays (up to 10 spots available each week) 10:30am - Meet at Facility entry (LSV staff member) 10:35am - Small tour and friendly chat 11:00am - Age Friendly Warm Water Class 11:45am - Group walk in water and chat 12:00pm - Get changed followed by Coffee and Cake I will be present at each session, meeting everyone and assisting them as needed. The sessions are free however we need to stress that participants don't register unless they can attend. Participants will need to bring the following items with them: Appropriate personal swim wear, water bottle, warm clothes to get changed into and towel. Please let me know if you have any questions.

22EXE030: Walking Football - Wed **Type: Ongoing**

Dates: 27/04/2022 - 02/12/2022 **Frequency: Weekly Course, Wed 10:00am - 12:00noon**

Location: John Frost Stadium, Cnr. Eastfield/Bayswater Rd Croydon Sth Tutor: Geoff Steventon

“Walking Football. Join in the fun and get some exercise at the same time. It's indoor soccer but at walking pace with modified rules to make it better suited for seniors. The emphasis is on exercise rather than competition and the exercise runs continuously for the two hours with just hydration (chat) breaks. Wear layers of comfortable clothing and sports shoes. No black soles please. If you have any questions please call Geoff on 0411 245 633”

22EXE031: Walking Football - Thur **Type: Ongoing**

Dates: 03/02/2022 - 02/12/2022 **Frequency: Weekly Course, Thu 10:00am - 12:00noon**

Location: John Frost Stadium, Cnr.Eastfield/Bayswater Rd Croydon Sth **Tutor: Geoff Steventon**

“Walking Football. Join in the fun and get some exercise at the same time. It’s indoor soccer but at walking pace with modified rules to make it better suited for seniors. The emphasis is on exercise rather than competition and the exercise runs continuously for the two hours with just hydration (chat) breaks. Wear layers of comfortable clothing and sports shoes. No black soles please. If you have any questions please call Geoff on 0411 245 633”

22EXE032: Walking Cricket **Type: Ongoing**

Dates: 01/02/2022 - 02/12/2022 **Frequency: Weekly Course, Tue 1:15pm - 2:30pm**

Location: Saxons Sport Centre Unit 7, 37-51 Lusher Road Croydon **Tutor: Helen Missingham**

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. Stay for a coffee at the end and enjoy the company of your fellow team mates.

22EXE035: Seated Aerobics + Weights (optional) **Type: Ongoing**

Dates: 01/02/2022 - 02/12/2022 **Frequency: Weekly Course, Tue 10:30am - 11:45am**

Location: Birdwood Scout Hall Between Lusher Rd/Civic Sq 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. 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.

This course will not be run if the forecast temperature is going to be 35 degrees or above.

22EXE036: Gentle Exercise **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 12:45pm - 1:45pm**

Location: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **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.

22EXE040: Table Tennis - Monday **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 9:45am - 11:45am**

Location: Birdwood Scout Hall Between Lusher Rd/Civic Sq Croydon **Tutor: Anthony Nazareth**

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.

22EXE041: Table Tennis - Beginners **Type: Ongoing**

Dates: 02/02/2022 - 02/12/2022 **Frequency: Weekly Course, Wed 10:00am - 11:30am**

Location: Birdwood Scout Hall Between Lusher Rd/Civic Sq 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.

22EXE042: Table Tennis - Thursday **Type: Ongoing**

Dates: 03/02/2022 - 02/12/2022 **Frequency: Weekly Course, Thu 10:00am - 12:00noon**

Location: Birdwood Scout Hall Between Lusher Rd/Civic Sq Croydon **Tutor: Adrian Van Rooyen**

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

22EXE048: Tai Chi - Intermediate **Type: Ongoing**

Dates: 03/02/2022 - 02/12/2022 **Frequency: Weekly Course, Thu 10:45am - 11:45am**

Location: Swim Log Cabin Rear Springfield Swim Pool 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 - THERE IS RESTRICTIONS ON HOW MANY TAI CHI CLASSES YOU CAN ATTEND DUE TO THEIR POPULARITY. PLEASE ENQUIRE TO OFFICE.

22EXE054: Tai Chi - Advanced 1 **Type: Ongoing**

Dates: 03/02/2022 - 02/12/2022 **Frequency: Weekly Course, Thu 9:30am - 10:40am**

Location: Swim Log Cabin Rear Springfield Swim Pool Croydon **Tutor: Jennie Hollis**

DETAIL: The class starts with warm ups and a qigong form. Practicing Sun Style, Beijing 24 and Yang style Tai Chi Learning Oolun Tai Chi. REQUIREMENTS Please bring a drink

This class is for members who have attended Intermediate or Advanced Tai Chi classes at U3A in past years. T HERE IS RESTRICTIONS ON HOW MANY TAI CHI CLASSES YOU CAN ATTEND DUE TO THEIR POPULARITY. PLEASE ENQUIRE TO OFFICE.

22EXE057: Tai Chi - Advanced 2 **Type: Ongoing**

Dates: 03/02/2022 - 02/12/2022 **Frequency: Weekly Course, Thu 11:50am - 1:00pm**

Location: Swim Log Cabin Rear Springfield Swim Pool Croydon **Tutor: Jennie Hollis**

DETAIL: This class will include various styles of Qigong plus time to practice Beijing 24, Sun and Oolun Styles of Tai Chi. The class may sometimes be held outside depending on weather and indoor covid restrictions.

PREREQUISITES For members who have participated in an advanced Tai Chi class in previous years. REQUIREMENTS Please bring a drink and a seat if you feel you may need to sit down.

22EXE070: Yoga - Monday AM **Type: Ongoing**

Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 9:30am - 10:45am**

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth **Tutor: Jennie Hollis**

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. 16/7/21 S/W Dee as this class is shown as 'closed altho' there are 2 people on W/List. Dee will speak with these members & then advise me if I need to remove the 'closed' option to allow those W/L members to enter the class. TB

THERE IS RESTRICTIONS ON HOW MANY YOGA CLASSES YOU CAN ATTEND DUE TO THEIR POPULARITY. PLEASE ENQUIRE TO OFFICE.

22EXE075: Yoga - Wednesday PM **Type: Ongoing**

Dates: 04/05/2022 - 02/12/2022 **Frequency: Weekly Course, Wed 1:00pm - 2:15pm**

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth **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 is open for Beginners as well as advanced and builds on previous experience with yoga practices. We include breathing techniques, stretching, posture and yoga poses. THERE IS RESTRICTIONS ON HOW MANY YOGA CLASSES YOU CAN ATTEND DUE TO THEIR POPULARITY. PLEASE ENQUIRE TO OFFICE.

22EXE078: Yoga - Thursday **Type: Ongoing**

Dates: 03/02/2022 - 02/12/2022 **Frequency: Weekly Course, Thu 9:30am - 10:30am**

Location: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Tutor: Dee 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 THERE IS RESTRICTIONS ON HOW MANY YOGA CLASSES YOU CAN ATTEND DUE TO THEIR POPULARITY. PLEASE ENQUIRE TO OFFICE.

22EXE083: Yoga - Intermediate Friday **Type: Ongoing**

Dates: 04/02/2022 - 02/12/2022 **Frequency: Weekly Course, Fri 11:15am - 12:30pm**

Location: Glenn Frost Room Rear of Croydon Library Croydon **Tutor: Marian Wakefield**

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. THERE IS RESTRICTIONS ON HOW MANY YOGA CLASSES YOU CAN ATTEND DUE TO THEIR POPULARITY. PLEASE ENQUIRE TO OFFICE.

Games-Chess, Card & Board Games, Mahjong, Crosswords

22GAM015: Chess **Type: Ongoing**

Dates: 03/02/2022 - 02/12/2022 **Frequency: Weekly Course, Thu 9:30am - 1:00pm**

Location: Kent Ave Scout Hall Room 1 33 Kent Ave Croydon **Tutor: Tom Kenney**

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

22GAM022: Cryptic Crosswords **Type: Ongoing**

Dates: 01/02/2022 - 02/12/2022 **Frequency: Weekly Course, Tue 9:30am - 11:00am**

Location: Keystone Athletics Enter via Norton Rd opp TAFE **Tutor: Yvonne Emerton**

Learn the secrets to unlocking cryptic clues. We work together on the same crossword, discussing each answer in detail. Other word puzzles are included from time to time. Informal, fun and interactive.

This class is being run by email until access to venue.

22GAM027: Mahjong - Social **Type: Ongoing**
Dates: 02/02/2022 - 02/12/2022 **Frequency: Weekly Course, Wed 10:40am - 12:15pm**
Location: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Tutor: Evelyn Falooa**

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.**

22GAM028: Rummikub **Type: Ongoing**
Dates: 03/02/2022 - 02/12/2022 **Frequency: Weekly Course, Thu 1:15pm - 3:15pm**
Location: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Tutor: Isobel Valotto**

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

22GAM033: 500 Card Game **Type: Ongoing**
Dates: 03/02/2022 - 02/12/2022 **Frequency: Weekly Course, Thu 1:30pm - 3:30pm**
Location: Keystone Athletics Enter via Norton Rd opp TAFE **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

22GAM039: Hand & Foot Canasta **Type: Ongoing**
Dates: 02/02/2022 - 02/12/2022 **Frequency: Weekly Course, Wed 12:45pm - 4:00pm**
Location: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Tutor: Helen Amos**

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

22GAM045: Competition Card Games **Type: Ongoing**
Dates: 31/01/2022 - 02/12/2022 **Frequency: Weekly Course, Mon 12:00am - 12:00am**
Location: None **Tutor: Neil Rose**

Tutoring and mentoring in various card games such as Cribbage, 500, Solo-whist, Gin-rummy, Texas Hold'em, Acey-deucey, Oh-Sh*t, Canasta, Hearts and other games as requested, with individual playing and competitions with prizes awarded to the winners.

U3A Competition card games: 500 Solo-whist Misere Gin Rummy Rummy oh-sh*t Canasta Cribbage Hearts Acey-deucey Texan Hold,em Manila Poker

History- Australian & Genealogy

22HIS005: Australian History **Type: Ongoing**
Dates: 04/02/2022 - 02/12/2022 **Frequency: Weekly Course, Fri 10:00am - 11:30am**
Location: Keystone Hall 9 Civic Square Croydon **Tutor: Stephen Lucas**

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

22HIS024: Genealogy/Family History**Type: Ongoing****Dates: 03/02/2022 - 02/12/2022****Frequency: Fortnightly, Thu 10:30am - 12:00noon****Location: Keystone Athletics Enter via Norton Rd opp TAFE****Tutor: Hilary Thomas**

Genealogy / Family History You will learn how to access the records of your Ancestors from the many on-line records, and also from the Libraries and Archives. An understanding and use of DNA will be taught, to enable you to find matches and learn about the movements of your family members. Classes with the Tutor will be held on the 1st and 3rd Thursday of the month. Class members need a laptop or tablet for class, with the ability to run a Family Tree Program installed on a home computer or Laptop. Information will be discussed in class. A Notebook and Pen would also be useful. The class share their knowledge of discoveries and stumbling blocks. Time for questions and answers is allowed.

NOTE: Beginners are asked to join at the beginning of Term 3 . The first semester will be an amalgamated course for last year's students - a refresher following a difficult lockdown year.

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

22HUM003: Book Chat - Keystone 1st Monday**Type: Ongoing****Dates: 07/02/2022 - 05/12/2022****Frequency: Monthly, Mon 11:00am - 12:00noon****Location: Keystone Athletics Enter via Norton Rd opp TAFE****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 BYO water bottle. PLEASE RING SUE MARTIN 0411 380 688 FOR DETAILS. 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.

22HUM018: Current Affairs**Type: Ongoing****Dates: 03/02/2022 - 02/12/2022****Frequency: Weekly Course, Thu 11:30am - 1:00pm****Location: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon
Cormack****Tutor: Bruce**

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

22HUM022: Digital Camera-Basic-Term 2**Type: 1 Term****Dates: 27/04/2022 - 24/06/2022****Frequency: Weekly Course, Wed 1:30pm - 3:00pm****Location: Keystone Athletics Enter via Norton Rd opp TAFE****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.

Must be a minimum 4 members enrolled for the class to go ahead

22HUM023: Digital Camera-Basic-Term 3

Type: 1 Term

Dates: 13/07/2022 - 16/09/2022

Frequency: Weekly Course, Wed 1:30pm - 3:00pm

Location: Keystone Athletics Enter via Norton Rd opp TAFE

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.

Must be a minimum 4 members enrolled for the class to go ahead

22HUM024: Digital Camera-Basic-Term 4

Type: 1 Term

Dates: 05/10/2022 - 02/12/2022

Frequency: Weekly Course, Wed 1:30pm - 3:00pm

Location: Keystone Athletics Enter via Norton Rd opp TAFE

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.

Must be a minimum 4 members enrolled for the class to go ahead

22HUM038: Dinner Date

Type: Ongoing

Dates: 08/02/2022 - 02/12/2022

Frequency: Random dates as specified, Tue 6:00pm - 9:30pm

Location: Outside Venue

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 a reminder email that 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. Due to Covid-19 restrictions our event may be limited with numbers. You will be notified at each invite letter of any changes.

Requirement - must be independently mobile

22HUM043: Tim's Spiritual Journey Group

Type: Ongoing

Dates: 03/02/2022 - 02/12/2022

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

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth

Tutor: Jan Burnett

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.

22HUM047: Bible Prophecy

Type: Ongoing

Dates: 01/02/2022 - 02/12/2022

Frequency: Weekly Course, Tue 1:00pm - 3:00pm

Location: Outside Location

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.

22HUM058: Literature - Study of a single author

Type: 2 Terms

Dates: 04/02/2022 - 24/06/2022

Frequency: Fortnightly, Fri 1:00pm - 2:30pm

Location: Keystone Athletics Enter via Norton Rd opp TAFE

Tutor: Paul Martin

Japanese-British author, Kazuo Ishiguro on being awarded the 2017 Nobel Prize for Literature offered the following statement of his interest in worldly connections: "One of the things that's interested me always is how we live in small worlds and big worlds at the same time: that we try and find fulfilment and love, but that inevitable intersects with a larger world, where politics, or even dystopian universes, can prevail. So I think I've always been interested in that. We live in small worlds and big worlds at the same time and we can't...forget one or the other". This talk of worlds, his interest in the workings of his narrators' minds: their memories and consciousness, and the way the world appears to them, will form of the basis of this unit's reading and exploration of three of Ishiguro's works. Our discussions will examine the individual riches of each work as well as considering whether, collectively, his works can teach us anything about him and what his literature has to offer. Poetry will continue to feature in our fortnightly classes. Set Texts to be purchased are - "Remains of the Day" (Faber), "Klara and the Sun" (Faber), "Never Let Me Go" - a film study. No need to purchase this in novel form. Paul Martin Tutor 0422389221

22HUM071: Philosophy-Freedom and Community

Type: Ongoing

Dates: 02/02/2022 - 22/06/2022

Frequency: Fortnightly, Wed 11:45am - 1:15pm

Location: Keystone Athletics Enter via Norton Rd opp TAFE

Tutor: Paul Martin

WHAT DOES LIBERTY MEAN TO ME IN MY WORLD? An existential question that might interest us with all that's going on today is, 'What might it mean to say that I am a free person'? You've lived all your life so far subject to various forms of constraints and powers limiting the extent you can say you are 'free'. What are these? How have they changed? Are they/have they been legitimate? How would you describe your own 'lived freedom' today, moving into the foreseeable future? How do you begin to respond to John Stuart Mill's question about 'the nature and limits of power which can be legitimately exercised by society over the individual'? What reflective sense do you have about how these questions have changed over your lifetime, up to and including the present? To what extent is it useful to suggest that our lives are overwhelmingly shaped by how we manage the 'struggle between Liberty and Authority'? In asking the above, this Philosophy unit will examine and contextualise today's lived experience of personal and social freedoms. It will pick up on a range of current perspectives that will help you make sense of these queries. Please ring Paul Martin on 0422 389 221 for further information.

22HUM075: Poetry / Writing Group

Type: Ongoing

Dates: 31/01/2022 - 02/12/2022

Frequency: Fortnightly, Mon 1:00pm - 2:30pm

Location: U3A Office opp Council Offices 1 Civic Square Croydon

Tutor: Kate Kenyon

The aim of this group is to encourage you to find your own style and write your own story or poem. Come along and see where your creative path may lead. All styles of poetry encouraged so whether you are a writer of romantic poetry, bush poetry or just like to put your feelings down on paper we would love to have you join us. Diversity is a great thing. We will each have a chance to select a theme at the end of each class. You will then have the opportunity to write your poem or story based on that theme to bring along to share at your next class. Urn is available but please bring along your own supplies including a cup. Kate Kenyon 0409 960 624

22HUM079: Potted Poets

Type: Ongoing

Dates: 02/02/2022 - 02/12/2022

Frequency: Weekly Course, Wed 10:00am - 12:00noon

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

Tutor: Kevin Mulvogue

We read and discuss poems of many and various poets, from the old to the new, from local to international. Our conversations ramble about the poems, with many an anecdote and personal reflection, where the enjoyment is not only in the poem but our varied interpretations. We are not a writing group. We ask for \$1.00 per session fee to cover photocopying expenses. No prerequisites, only a willingness to laugh, listen and comment.

22HUM083: Speechcraft - Friday

Type: Ongoing

Dates: 04/02/2022 - 02/12/2022

Frequency: Weekly Course, Fri 2:00pm - 3:30pm

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', so lose your nerves. A waiting list will be kept. VISITORS ARE VERY WELCOME.

Language- French & German. Various levels

22LAN005: French for Beginners

Type: Ongoing

Dates: 04/02/2022 - 02/12/2022

Frequency: Weekly Course, Fri 9:30am - 11:15am

Location: Glenn Frost Room Rear of Croydon Library Croydon

Tutor: Onre Dossena

I am returning to take this class on Fridays at 9:30am in the Glenn Frost Room, next to the library in Civic Square, Croydon I run a 2 year course commencing with an elementary introduction to the French language which is eminently suitable for those with no prior knowledge of French and for those who wish to brush up on the basics. My main intention and aim is to get the class to speak French and I encourage this in the way I conduct the class. At the end of the course I go back to the beginning by which time I would hope you have progressed sufficiently to move to another level.

22LAN010: French Level 2

Type: Ongoing

Dates: 31/01/2022 - 02/12/2022

Frequency: Weekly Course, Mon 1:30pm - 3:00pm

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth **Tutor: Janine Ochsenbein**

This course is for students who have completed level 1+ of French or who have learnt some French elsewhere. French level 2 text: Edito level A2 text + cahier.

Students please contact Tutor on 9723 8542

22LAN016: French Level 3

Type: Ongoing

Dates: 03/02/2022 - 02/12/2022

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

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth **Tutor: Janine Ochsenbein**

This course is for students who have completed level 2 of French or have year 10 knowledge of French. Text: Edito level B1 text + cahier. New students please contact tutor on 9723 8542.

22LAN022: Advanced French

Type: Ongoing

Dates: 01/02/2022 - 02/12/2022

Frequency: Weekly Course, Tue 12:45pm - 2:45pm

Location: Kent Ave Scout Hall Room 3 33 Kent Ave Croydon

Tutor: Janine Ochsenbein

This course is for students who have achieved a year 12 level of French or who have other previous experience. Text: DELF B1 200 exercices Cle International. Supplementary text: Calendrier 2021 Langue et culture francaises. All students please contact tutor on 9723 8542 to discuss course content and textbook(s).

22LAN025: French: Higher Level Studies

Type: Ongoing

Dates: 03/02/2022 - 02/12/2022

Frequency: Weekly Course, Thu 2:00pm - 4:00pm

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth

Tutor: Diana Long

For people who have studied French for some time and are able to participate in conversational and written French. A solid understanding of verbs and grammar is required. Please contact Diana for further details. Phone number and email address is above.

22LAN027: French - Elementary Year 1

Type: Ongoing

Dates: 01/02/2022 - 02/12/2022

Frequency: Weekly Course, Tue 1:00pm - 2:30pm

Location: Keystone Athletics Enter via Norton Rd opp TAFE

Tutor: Ian Birchall

This is an ongoing language course. If the venue is not suitable due to Covid restrictions or concerns it will be moved online and use Zoom. This is a language course set at a level suitable for keen beginners (A0) and those who may have studied some French previously (A1). We explore the French language and culture using everyday dialogues, articles, audios and videos. Learning a language is challenging, but also, hopefully, a bit of fun. Expect homework and set aside time to practise at home. Please note : While the tutor is not fluent in French, he is proficient enough to be 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 would be ideal. Absolute beginners who are keen to learn the language are welcome, but they should join at the start of the year in order to get the benefit of the introductory lessons. Text: A textbook oriented to adult learning is supplemented with online resources, worksheets and audio-visual materials. Computer skills: There are many resources online. You should have internet access and be comfortable using email and following links.

22LAN028: French - Elementary 2nd Year

Type: Ongoing

Dates: 04/02/2022 - 02/12/2022

Frequency: Weekly Course, Fri 11:30am - 1:00pm

Location: Keystone Athletics Enter via Norton Rd opp TAFE

Tutor: Ian Birchall

This is the second year of an ongoing elementary (A1-A2) language course. It is suitable for those who have studied some French previously (A1). We explore the French language and culture using everyday dialogues, articles, audios and videos. Learning a language is challenging but also, hopefully, a bit of fun. Expect homework and set aside time to practise at home. Please note: While the tutor is not fluent, he is able to offer a good level of French for students of this course. If you want more there are other U3A classes with excellent French teachers available.

Prerequisites: Not for beginners. Previous French study either at school or in a recent beginner's course would be appropriate. Text: A textbook oriented to adult learning is supplemented with online resources, worksheets and audio-visual materials. Computer skills: You should have good internet access and be comfortable using email and accessing online resources, such as youtube videos. Zooming may be required if there are lockdowns.

22LAN029: German Conversation

Type: Ongoing

Dates: 01/02/2022 - 02/12/2022

Frequency: Weekly Course, Tue 12:15pm - 1:45pm

Location: Kent Ave Scout Hall Room 1 33 Kent Ave Croydon

Tutor: Peter Duss

Practise your German in a friendly group. Prerequisites: Must be fluent in German and be able to converse and write in German. Please contact Peter Duss 0437 059 935 before enrolling in course.

22LAN035: German - Level 2

Type: Ongoing

Dates: 31/01/2022 - 02/12/2022

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

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth Tutor: Janine Ochsenbein

This course is for students who have completed German level 1+ or who have some previous knowledge of German. German level 2 text: Schritte level A2.2. New students please contact tutor on 9723 8542

22LAN036: German - Level 3

Type: Ongoing

Dates: 02/02/2022 - 02/12/2022

Frequency: Weekly Course, Wed 10:00am - 12:00noon

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth Tutor: Janine Ochsenbein

This course is for students who have completed German level 2 or who have a year 10 knowledge of German. Text book to be announced. New students please contact tutor on 9723 8542.

Music-Choir & Guitar & Ukulele

22MUS012: Beginners Guitar and Ukulele

Type: Ongoing

Dates: 31/01/2022 - 02/12/2022

Frequency: Weekly Course, Mon 1:30pm - 3:00pm

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth

Tutor: Frank Brown

THIS CLASS IS FOR ABSOLUTE BEGINNERS. 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 NEW STUDENTS IN TERM 2. Call Course Tutor on 9726 8058 for details.

22MUS015: Beginners Uke Guitar Continuing

Type: Ongoing

Dates: 04/02/2022 - 02/12/2022

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

Location: Swim Log Cabin Rear Springfield Swim Pool 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 NEW STUDENTS IN TERM 2. Call Course Tutor on 9726 8058 for details.

22MUS020: Guitar & Ukulele

Type: Ongoing

Dates: 31/01/2022 - 19/12/2022

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

Location: Swim Log Cabin Rear Springfield Swim Pool 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 2021. 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 10 years of song sheets costing \$45.00. 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 for the ensuing year. 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 4 WILL FINISH LATER ON MONDAY 19TH DECEMBER.

Please note: You will be placed on a wait list at the start of the year. You will receive an email when accepted.

22MUS025: Croydon U3A Singers

Type: Ongoing

Dates: 02/02/2022 - 02/12/2022

Frequency: Weekly Course, Wed 1:30pm - 3:00pm

Location: Swim Log Cabin Rear Springfield Swim Pool 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.

22MUS035: Musical Jam

Type: Ongoing

Dates: 02/02/2022 - 02/12/2022

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

Location: Kilsyth Sth Baptist-Portable 1 382-388 Liverpool Road Kilsyth

Tutor: John Howell

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. During Covid-19 restrictions, classes will be held on Zoom on Wednesday mornings from 9:30am to 10:30am. Songsheets will be distributed via email and will also be available on the internet on OneDrive.

Course For No Course

22ZZZ002: Course For No Course

Type: Ongoing

Dates: 31/01/2022 - 02/12/2022

Frequency: Monthly, Mon 9:00am - 10:30am

Location: None

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.
