



THE UNIVERSITY OF THE THIRD AGE

U3A Croydon Inc.

2023 Courses

23 December 2022

U3A Croydon Inc. Contact Details

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Croydon

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Term Dates for 2023

Term One	30 th January to 6 th April
Term Two	24 th April to 25 th June
Term Three	10 th July to 15 th September
Term Four	2 nd October to 1 st December

Membership Fees

- Full Members \$75.00
- Full Leaders (ie. those who **are participating** in a course in addition to their own) \$75.00
- Assistant Leaders \$75.00
- Leaders (ie. those who **are not participating** in a course other than their own) \$ 0.00
No fee is payable but Leaders 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, these supplementary charges are shown in the course descriptions.

Inside Venue Locations

Code	Description	Address
Ainslie Park	Croydon West Guide Hall	Cnr Clegg & Ainslie Park Ave, Croydon, 3136 Entry via Ainslie Park Ave
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
Classrooms A and B	Opposite Croydon Library	1 Civic Square, Croydon, 3136 Enter via the Norton Rd car park, Opposite Swinburne TAFE
Computer Room	Opposite Croydon Library	1 Civic Square, Croydon, 3136 Enter via the Norton Rd car park, Opposite Swinburne TAFE
Keystone Hall	Keystone Hall (Opposite Croydon Library)	9 Civic Square, Croydon, 3136
Kilsyth South Baptist Church	Kilsyth South Baptist Church	382 – 388 Liverpool Rd, Kilsyth, 3137
John Frost Stadium	Front Building, Cheong Park	Cnr Eastfield Road and Bayswater Road, Croydon South, 3136 Entry from Eastfield Road
Senior Citizens	Inside Old Council Offices	7 Civic Square, 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
U3A Classroom	Inside Old Council Offices	7 Civic Square, Croydon 3136

Outside Venue Locations

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

Mailing, Administration

23ADM001: Newsletter and Other Mailouts

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

Frequency: Different days monthly, Mon 12:00am - 12:00am

Venue: U3A Office 7 Civic Square Croydon

Leader: 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

23AAVL01: Volunteer for Committee

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

Frequency: Different days monthly, Mon 9:00am - 5:00pm

Venue: U3A Office 7 Civic Square Croydon

Leader: 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.

23AAVL02: Volunteer for Office - Monday

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

Frequency: Weekly, Mon 10:00am - 12:30pm

Venue: U3A Office 7 Civic Square Croydon

Leader: Pam McAleese

The Front Office is staffed by two volunteers between 10am and and 12.30pm. 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.

23AAVL03: Volunteer for Office - Tuesday

Type: Ongoing

Dates: 31/01/2023 - 01/12/2023

Frequency: Weekly, Tue 10:00am - 12:30pm

Venue: U3A Office 7 Civic Square Croydon

Leader: Pam McAleese

The Front Office is staffed by two volunteers between 10am and 12.30pm. 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.

23AAVL04: Volunteer for Office - Wednesday

Type: Ongoing

Dates: 01/02/2023 - 01/12/2023

Frequency: Weekly, Wed 10:00am - 12:30pm

Venue: U3A Office 7 Civic Square Croydon

Leader: Pam McAleese

The Front Office is staffed by two volunteers between 10am and 12.30pm. 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.

23AAVL05: Volunteer for Office - Thursday

Type: Ongoing

Dates: 02/02/2023 - 01/12/2023

Frequency: Weekly, Thu 10:00am - 12:30pm

Venue: U3A Office 7 Civic Square Croydon

Leader: Pam McAleese

The Front Office is staffed by two volunteers between 10am and 12.30pm. 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.

23AAVL06: Volunteer for Office - Friday

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

Frequency: Weekly, Fri 10:00am - 12:30pm

Venue: U3A Office 7 Civic Square Croydon

Leader: Pam McAleese

The Front Office is staffed by two volunteers between 10am and 12.30pm. 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.

23AAVL07: Volunteer to help with Publicity

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

Frequency: Different days monthly, Mon 10:00am - 12:00noon

Venue: U3A Office 7 Civic Square Croydon

Leader: 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.

23AAVL08: Volunteer with Events and Social Committee

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

Frequency: Different days monthly, Fri 10:00am - 12:00noon

Venue: U3A Office 7 Civic Square Croydon

Leader: 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. Meetings will be held at various times as needed and you will be notified prior. Note: this selection is not counted in the maximum number of courses you can enrol in.

Christine Hawkins mobile no. 0407 301 133

Workshops with Outside Presenters

23AAW001: Resuscitate a Mate - CPR for Seniors

Type: Half- Day Seminar

Dates: 24/03/2023 - 24/03/2023

Frequency: Half day seminar, Fri 10:00am - 12:00noon

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

Leader: Trudy Micallef

Life Saving Victoria's resuscitate a mate program introduces Sessions that are suitable for: Participants over 55 years of age Community groups Seniors clubs is designed to introduce participants to emergency response management (DRSABCD). In the 1-2 hour interactive session, participants learn the steps to follow in an emergency and the skills to potentially save a life. Topics covered include: . casualty management and handling assessment of emergency . situations calling 000 . providing casualty care . resuscitation techniques defibrillator use

23AAW005: Meet a Lifeguard

Type: Half- Day Seminar

Dates: 05/05/2023 - 05/05/2023

Frequency: Half day seminar, Fri 10:00am - 12:00noon

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

Leader: Trudy Micallef

Life Saving Victoria's - Meet a Lifeguard is a seminar raising the water safety knowledge of older adults. A Lifeguard trained in water safety education delivers an interactive session to suit the needs of older adults. Included are: Photos / Videos , Q & A, Prop use & demos. Topics Include: . Keeping young ones safe . Risks for older adults . How to recognise Rips

Art-Sketch & Watercolour

23ART002: Acrylic Painting with Ineke

Type: Ongoing

Dates: 31/01/2023 - 01/12/2023

Frequency: Weekly, Tue 9:00am - 12:00noon

Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon

Leader: 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

23ART005: Watercolour - A

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

Frequency: Weekly, Mon 12:00noon - 2:30pm

Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon

Leader: 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

23ART010: Watercolour - B

Type: Ongoing

Dates: 01/02/2023 - 01/12/2023

Frequency: Weekly, Wed 9:30am - 12:00noon

Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon

Leader: 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

23COM001: Computers-Basic Level 1 Term 1

Type: 1 Term

Dates: 03/02/2023 - 17/03/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: 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, and the components of your computer, use a USB stick, spell-checking plus lots more. Class runs for 7 consecutive weeks NOTE: \$20 computer fee must be paid before the 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.

23COM002: Computers-Basic Level 1 Term 2

Type: Short

Dates: 28/04/2023 - 09/06/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: 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, and the components of your computer, use a USB stick, spell-checking plus lots more. Class runs for 7 consecutive weeks NOTE: \$20 computer fee must be paid before the 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.

23COM003: Computers-Basic Level 1 Term 3

Type: Short

Dates: 14/07/2023 - 25/08/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: 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.

23COM010: Computer-Buying & Selling Online-T1

Type: Short

Dates: 02/02/2023 - 09/02/2023

Frequency: Weekly, Thu 1:00pm - 2:30pm

Venue: Computer Room 1 Civic Square Croydon

Leader: Trevor Bellinger

If you think that it is time to rid yourself of your excess furniture, crockery, kitchen utensils etc, why not sell these on Facebook Marketplace or Gumtree? Listing your items for sale is a very quick & simple process, and there are no initial fees. I have personally sold numerous items both successfully and swiftly. Note: You can also buy items simply, which have been listed on either Facebook Marketplace or Gumtree.

23COM015: Using Your Android Mobile Phone

Type: 1 day

Dates: 30/01/2023 - 30/01/2023

Frequency: 1 Day Course, Mon 1:00pm - 2:30pm

Venue: Croydon Library Civic Square Croydon

Leader: Trevor Bellinger

To be held and conducted at the Croydon Library for 1 week only from 1pm to 2.30pm. This course is for ANDROID phone holders only. For more details phone Trevor Bellinger on 0418 556 236 or 9729 9308

Must have a mobile phone to participate. Ensure your phone is fully charged before class commences.

23COM016: Using your iPhone

Type: 1 day

Dates: 31/01/2023 - 31/01/2023

Frequency: 1 Day Course, Tue 10:00am - 11:30am

Venue: Croydon Library Civic Square Croydon

Leader: Trevor Bellinger

This course will be run & conducted at the Croydon Library. Participants must bring an iPhone, which is FULLY charged NOT an Android phone. For more details phone Trevor Bellinger on 0418 556 236 or 9729 9308

23COM051: Computers-iPad for Beginners Term 1

Type: 1 Term

Dates: 31/01/2023 - 04/04/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: 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.

23COM052: Computers-iPad for Beginners Term 2

Type: 1 Term

Dates: 25/04/2023 - 20/06/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: 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.

23COM060: Computers-Level 2 Term 1

Type: 1 Term

Dates: 01/02/2023 - 05/04/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: 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 emailed to you. There will be a small charge to cover the cost of photocopying if you must have them printed. NOTES 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

23COM090: Computers-Microsoft Publisher Term 1

Type: 1 Term

Dates: 03/02/2023 - 31/03/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

Fee: \$20.00

Microsoft Publisher is an app that helps you create, design and publish professional-looking brochures, cards, stationery, labels, banners, etc. This course will include how to use the templates provided by Microsoft; How to create your own cards, and customize the paper size; Printing labels, banners, envelopes, & brochures. Mail Merge – inserting information from a database onto envelopes, invitations, etc. also how to publish booklets

Pupils Must have Microsoft Publisher on their own computer and medium experience using a computer. Computer Course Fee is \$20 per term. Notes are provided with a small charge for photocopying unless you prefer to have it emailed which I prefer. You must attend the class to receive these notes. Enquiries: Joy or Trevor 9729 9308

23COM100: Using the Internet-Term 1

Type: 3 weeks

Dates: 23/02/2023 - 09/03/2023

Frequency: Weekly, Thu 1:30pm - 3:00pm

Venue: Computer Room 1 Civic Square Croydon

Leader: 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

23COM101: Using the Internet-Term 2

Type: Short

Dates: 18/05/2023 - 01/06/2023

Frequency: Weekly, Thu 1:30pm - 3:00pm

Venue: Computer Room 1 Civic Square Croydon

Leader: 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

23COM105: Using Emails

Type: 1 day

Dates: 23/03/2023 - 23/03/2023

Frequency: 1 Day Course, Thu 1:30pm - 3:00pm

Venue: Computer Room 1 Civic Square Croydon

Leader: Trevor Bellinger

Sending & receiving emails. Checking out suspicious emails from senders address. Adding attachments to your emails. Opening email attachments & what attachments NOT to open. Creating email folders. Replying/Reply All/ Forwarding emails. What are Ccs and Bccs? Copying pictures & text from body of email. Inquiries to Trevor on 9729 9308

23COM117: Snipping Tool & Printing Screen - Term 1

Type: Short

Dates: 01/03/2023 - 08/03/2023

Frequency: Weekly, Wed 1:00pm - 2:30pm

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

Are you aware there are at least 4 methods of obtaining a copy of your screen or a section of it to insert into a document or save for future use? This will include how to use Screenshot in Microsoft Word; How to print the screen and take a screenshot while watching a video or during a Webinar or during Zoom. Last but not least, how to use Snip & Sketch Tool which is part of Windows 10. It can take screenshots of an open window, rectangular section, a free-form area, or the entire screen. Snipping Tool allows for basic image editing of the snapshot with different coloured pens and a highlighter.

The 'snip' can be shared with others, saved or copied to paste into another document. Enquiries: Joy 9729 9308

23COM130: ZOOM - Online

Type: 3 weeks

Dates: 01/02/2023 - 15/02/2023

Frequency: Weekly, Wed 1:00pm - 2:30pm

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

ZOOM is a cloud-based video conferencing service you can use to communicate with others - either by video or audio-only or both, all while conducting live chats - and it lets you record those sessions to view later. Not only can it be used for online courses, but also great for connecting with family members & friends. It is similar to Skype but more versatile. PREREQUISITES: The pupil will require some experience on the computer. REQUIREMENTS: Enrolees will need a computer preferably a laptop computer as this usually has an inbuilt webcam & microphone.

However, you can use a desktop and converse by typing in on the Chat line, although a webcam & microphone can be added to a desktop. Notes will only be emailed to you if you attend the session. For enquiries or assistance to enrol ring Trevor or Joy on 9729 9308.

23COM220: Computers-Mail App Term 1

Type: Short

Dates: 05/04/2023 - 05/04/2023

Frequency: 1 Day Course, Wed 1:00pm - 2:30pm

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

The Mail app comes free with Windows 10. It enables you access all your emails in one place instead of having to go to different tabs in your browser. You can work on your emails at any time even offline, that is without internet connections. No signing in each time you open the app; notifications are given when new emails arrive. Learn how easy & how convenient it is to use this app by attending this one session. This is very similar to the Outlook App. If you wish to set this up on your laptop you may bring your laptop along BUT THE BATTERY MUST BE FULLY CHARGED. You will also need the details of your emails INCLUDING THE PASSWORD to set this up and your Microsoft Account.

If you choose not to bring your own laptop you will have to just watch because we cannot set this up on the U3A computers as a Microsoft Account is required to use this app. Enquiries: Joy 9729 9308

23COM240: Transfer Photos from Phone/Tablet to PC

Type: Short

Dates: 22/03/2023 - 22/03/2023

Frequency: 1 Day Course, Wed 1:00pm - 2:30pm

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

This course teaches you how to transfer the photos from your mobile phone/tablet/iPad to your computer/USB Drive. ENQUIRIES: Joy 9729 9308

Craft-Beading, Card Making, Patchwork, Scrapbooking, Leadlighting

23CRA005: Jewellery Making

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

Frequency: Weekly, Fri 10:00am - 12:00noon

Venue: Classroom A 1 Civic Square Croydon

Leader: 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

23CRA010: Card Making - AM

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

Frequency: Weekly, Mon 9:15am - 11:30am

Venue: Keystone Hall 9 Civic Square Croydon

Leader: Christine Hawkins

We make Greeting cards using a variety of techniques & materials. Help is given to new members and 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 is a vacancy. Class will run if over 30 degrees.

23CRA012: Card Making - PM

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

Frequency: Weekly, Mon 1:30pm - 4:00pm

Venue: Keystone Hall 9 Civic Square Croydon

Leader: 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 is a vacancy. Class will run if over 30 degrees.

23CRA015: Designer Cards

Type: Ongoing

Dates: 31/01/2023 - 01/12/2023

Frequency: Weekly, Tue 9:30am - 11:30am

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

Leader: 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.

23CRA018: Pin Embroidery Card Making

Type: 2 Terms

Dates: 11/07/2023 - 01/12/2023

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

Venue: Cheong Park Back Building - Entry Eastfield Rd Croydon Sth

Leader: Mandy Carolan

PIN EMBROIDERY CARD MAKING Follow step by step instructions to create beautiful stitched cards. Create a bookmark or beautiful handmade greeting cards that your loved ones and special friends will treasure. No advanced sewing skills required, materials supplied for first lesson.

There will be an initial charge of \$8.00 for a starter pack that will include pricking mat, needle, pins, blank cards of various sizes.

23CRA020: Creative Craft **Type: Ongoing**
Dates: 30/01/2023 - 01/12/2023 **Frequency: Weekly, Mon 9:00am - 11:15am**
Venue: Keystone Hall 9 Civic Square Croydon **Leader: 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.

23CRA030: Leadlighting **Type: Ongoing**
Dates: 30/01/2023 - 01/12/2023 **Frequency: Weekly, Mon 9:00am - 12:00noon**
Venue: Croydon West Guide Hall Enter Cnr.Clegg & Ainslie Park Ave Croydon **Leader: 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.

23CRA032: Patchwork - Wednesday **Type: Ongoing**
Dates: 01/02/2023 - 01/12/2023 **Frequency: None, Wed 9:45am - 11:45am**
Venue: Cheong Park Back Building - Entry Eastfield Rd Croydon Sth **Leader: 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.

23CRA033: Patchwork - Friday **Type: Ongoing**
Dates: 03/02/2023 - 01/12/2023 **Frequency: Weekly, Fri 10:00am - 12:00noon**
Venue: Keystone Hall 9 Civic Square Croydon **Leader: 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.

23CRA037: Patchwork - Machine & Hand **Type: Ongoing**
Dates: 03/02/2023 - 01/12/2023 **Frequency: Weekly, Fri 11:45am - 3:30pm**
Venue: Keystone Hall 9 Civic Square Croydon **Leader: 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.

23CRA039: Scrapbooking **Type: Ongoing**
Dates: 31/01/2023 - 01/12/2023 **Frequency: Weekly, Tue 11:45am - 2:00pm**
Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: Trish Davis**
Fun group of girls making lovely memory albums. Grand children, family, heritage, lovely memories to look back on.

23CRA042: Craft - Unfinished Objects **Type: Ongoing**
Dates: 01/02/2023 - 01/12/2023 **Frequency: Weekly, Wed 10:40am - 12:30pm**
Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon**Leader: 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.

23CRA045: Busy Hands **Type: Ongoing**
Dates: 02/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 1:00pm - 4:00pm**
Venue: Kilsyth Sth Baptist-Portable 382-388 Liverpool Road Kilsyth **Leader: 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- Line & Ballroom

23DAN005: Ballroom Dancing **Type: Ongoing**
Dates: 02/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 1:15pm - 3:00pm**
Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon **Leader: Viv Amos**
Learn to dance a Variety of Ballroom Dances, which include a taste of all styles, such as - New Vogue, Latin American, Social, and progressive dances. A partner is not necessary, however, couples are also welcome as well. Dances are adapted to provide movement and rhythm to suit all individual standards and fitness levels. Dances include; Waltz, Foxtrot, Quickstep, Tango, Rhumba, Samba, Cha Cha, Jive, and many other fun dances! Please wear or bring along appropriate, supportive footwear. Classes will not run if the temperature is over 30 degrees. Members are welcome to join throughout the year, preferably at the start of each term.

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

23DAN012: Dot's Line Dancing - Beginners Monday **Type: Ongoing**
Dates: 30/01/2023 - 01/12/2023 **Frequency: Weekly, Mon 12:00noon - 1:30pm**
Venue: John Frost Stadium Front Building - Entry Eastfield Rd Croydon Sth**Leader: 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.

23DAN015: Dot's Line Dancing - Improvers/Easy **Type: Ongoing**
Dates: 30/01/2023 - 01/12/2023 **Frequency: Weekly, Mon 12:45pm - 1:45pm**
Venue: John Frost Stadium Front Building - Entry Eastfield Rd Croydon Sth **Leader: Kay Jones**
Prerequisites: Speak to Leader 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.

23DAN020: Dot's Line Dance- Beginners Friday

Type: Ongoing

Dates: 28/04/2023 - 01/12/2023

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

Venue: Birdwood Scout Hall Between Lusher Rd/Civic Sq Croydon

Leader: 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.

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

23EXE005: Bushwalking - 1st and 3rd Saturday

Type: Ongoing

Dates: 04/02/2023 - 01/12/2023

Frequency: 1st and 3rd weeks, Sat 9:00am - 4:00pm

Venue: Outside Location

Leader: Trudi Doblin

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. 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. Members can join throughout the year if there is a vacancy, walking group limit of 20.

Using poles takes pressure off the joints and is recommended, also Ambulance Cover is advisable.

23EXE006: Explore with Me - 2nd Friday

Type: Ongoing

Dates: 10/02/2023 - 01/12/2023

Frequency: 1 day each Month, Fri 9:00am - 4:00pm

Venue: Outside Location

Leader: Geoff Steventon

Full day bushwalking for walkers with some experience guided by instruction from reputable sources without prior checking. Car pooling from Fred Geale Oval Norton Rd. Walks selected will be of reputed 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 late change due inclement weather.

Walkers require a bit better than average fitness and suitable equipment to cope with all weather conditions.

23EXE010: Cycling - Fortnightly Tuesday

Type: Ongoing

Dates: 31/01/2023 - 01/12/2023

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

Venue: Outside Location

Leader: Geoff Perkins

Rides start in Croydon, nearby suburbs or on some occasions further afield. Riders need to arrange their own (or shared) transport to the starting/finishing location. Rides are typically from 25 to 40 km, at a moderate pace. We aim to stay on bike paths or relatively quiet streets and travel as a group. A coffee break and chat at a cafe 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, and some experience with 25 km plus rides. Rides are held on the first or second Tuesday of each term, then fortnightly until the end of term. We start at 9.30 a.m., except in Term 1 when rides start at 9.00 a.m. A program of the rides for each term, including starting location, brief itinerary and approximate ride distance is issued to riders prior to the start of term. Rides may be cancelled when showers, rain or extreme weather is expected.

23EXE011: Cycling - Fortnightly Thursday

Type: Ongoing

Dates: 09/02/2023 - 01/12/2023

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

Venue: Outside Location

Leader: Chris Simpson

Rides mostly on trails and back roads, usually 40 to 55 kms on 2nd and 4th Thursdays alternating with Tuesday rides (23EXE010). 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

23EXE031: Walking Football - Thursday

Type: Ongoing

Dates: 02/02/2023 - 01/12/2023

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

Venue: John Frost Stadium Front Building - Entry Eastfield Rd Croydon Sth**Leader: Geoff Steventon**

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

23EXE032: Walking Cricket

Type: Ongoing

Dates: 31/01/2023 - 01/12/2023

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

Venue: John Frost Stadium Front Building - Entry Eastfield Rd Croydon Sth**Leader: 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 is 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 John Frost Stadium, Eastfield Road (part of Cheong Park), Croydon South. Wear comfortable clothing and sports shoes. Stay for a coffee at the end and enjoy the company of your fellow team mates.

23EXE035: Seated Aerobics + Weights (optional)

Type: Ongoing

Dates: 31/01/2023 - 01/12/2023

Frequency: Weekly, Tue 10:30am - 11:45am

Venue: Birdwood Scout Hall Between Lusher Rd/Civic Sq Croydon

Leader: Joan Edwards

This is a thorough aerobic workout, done to music, but because we sit on chairs we can improve fitness without putting pressure on joints. Everyone works within their own range of movement and at their own pace. The aerobic session ends about 11:20am Some members stay to do the weights exercise which usually ends about 11:45am. We use light weights and once again it is done to music while seated.

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

23EXE036: Gentle Exercise

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

Frequency: Weekly, Mon 12:45pm - 1:45pm

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

Leader: 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.

23EXE038: Feldenkrais **Type: Ongoing**
Dates: 31/01/2023 - 01/12/2023 **Frequency: Weekly, Tue 2:30pm - 3:30pm**
Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: Donna Deland**

Feldenkrais Awareness Through Movement classes (ATM) are gentle, movement based lessons enabling you to shed old movement habits and replace them with greater ease and efficiency. Done slowly, without strain and with close attention paid to sensations involved. Many lessons are 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.

PREREQUISITES: A thick mat to lie on (eg folded blanket), a couple of towels to use as support and comfortable, easy moving clothing are required. No footwear is worn during classes.

23EXE040: Table Tennis - Monday **Type: Ongoing**
Dates: 30/01/2023 - 01/12/2023 **Frequency: Weekly, Mon 10:00am - 12:00noon**
Venue: Birdwood Scout Hall Between Lusher Rd/Civic Sq Croydon **Leader: Anthony Nazareth**

PLAYERS WHO HAVE PREVIOUS TABLE TENNIS EXPERIENCE. Play doubles, mixed mens & ladies. We will play if the temperature is over 30 degrees. Must wear lace-up sports shoes with a tread. The correct shoes must be worn each week.

23EXE041: Table Tennis - Beginners **Type: Ongoing**
Dates: 01/02/2023 - 01/12/2023 **Frequency: Weekly, Wed 10:00am - 11:30am**
Venue: Birdwood Scout Hall Between Lusher Rd/Civic Sq Croydon **Leader: 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.

23EXE042: Table Tennis - Thursday **Type: Ongoing**
Dates: 02/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 10:00am - 12:00noon**
Venue: Birdwood Scout Hall Between Lusher Rd/Civic Sq Croydon **Leader: Graeme Edwards**

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

23EXE044: Tai Chi/Meditation - Beginners - Tuesday **Type: Ongoing**
Dates: 31/01/2023 - 01/12/2023 **Frequency: Weekly, Tue 1:00pm - 2:00pm**
Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon **Leader: 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 30 degrees and over.

THERE IS RESTRICTIONS ON HOW MANY TAI CHI CLASSES YOU CAN ATTEND DUE TO THEIR POPULARITY. PLEASE ENQUIRE AT THE OFFICE.

23EXE045: Tai Chi/Meditation - Beginners Friday **Type: Ongoing**
Dates: 03/02/2023 - 01/12/2023 **Frequency: Weekly, Fri 9:30am - 10:30am**
Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon **Leader: 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 30 degrees and over.

THERE IS RESTRICTIONS ON HOW MANY TAI CHI CLASSES YOU CAN ATTEND DUE TO THEIR POPULARITY. PLEASE ENQUIRE AT THE OFFICE.

23EXE048: Tai Chi - Beginners **Type: Ongoing**
Dates: 02/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 10:45am - 11:45am**
Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon **Leader: Jennie Hollis**

This class will include some qigong exercises and short tai chi forms. Both qigong and tai chi improve balance, flexibility, coordination and concentration. They incorporate deep breathing and help with relaxation. Most of the class is done standing but there will be a short break in the middle for a drink and time to sit down. Please wear comfortable shoes and clothes and bring a drink.

No previous experience necessary. YOU CAN ONLY ATTEND ONE TAI CHI CLASS AT CROYDON U3A

23EXE054: Tai Chi - Advanced 1 **Type: Ongoing**
Dates: 02/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 9:30am - 10:30am**
Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon **Leader: Roger Fiddian**

The class begins with warm-up general exercises (standing without equipment), Qigong exercises including Shibashi 1, 2 and 3, practicing Sun Style, Beijing 24 and continuing to learn and practice Oolun. Please bring a drink and turn off mobile phones before class starts.

Participants should preferably have had some recent experience (within the last 3 years) of Sun Style and Beijing 24 forms of Tai Chi. YOU CAN ONLY ATTEND ONE TAI CHI CLASS AT CROYDON U3A

23EXE057: Tai Chi - Advanced 2 **Type: Ongoing**
Dates: 02/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 12:00noon - 1:00pm**
Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon **Leader: Jennie Hollis**

This class will include various styles of Qigong plus time to practice Beijing 24 Sun and Oolun Styles of Tai Chi. A new short Tai Chi form will be introduced during the year. Please bring a drink.

PREREQUISITES For members who have participated in an intermediate or advanced Tai Chi class in previous years. YOU CAN ONLY ATTEND ONE TAI CHI CLASS AT CROYDON U3A

23EXE070: Yoga - Monday AM **Type: Ongoing**
Dates: 30/01/2023 - 01/12/2023 **Frequency: Weekly, Mon 9:30am - 10:45am**
Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: 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.

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

23EXE072: Yoga - Monday PM **Type: Ongoing**
Dates: 30/01/2023 - 01/12/2023 **Frequency: Weekly, Mon 2:00pm - 3:15pm**
Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: Elaine Lai**

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

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

23EXE074: Yoga - Wednesday AM **Type: Ongoing**
Dates: 01/02/2023 - 01/12/2023 **Frequency: Weekly, Wed 9:30am - 10:30am**
Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: Pam Banfield**

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

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

23EXE077: Yoga - Wednesday PM **Type: Ongoing**
Dates: 01/02/2023 - 01/12/2023 **Frequency: Weekly, Wed 1:00pm - 2:15pm**
Venue: Kilsyth Sth Baptist-Portable 382-388 Liverpool Road Kilsyth **Leader: Riet Taal**

The benefits of Yoga for our health and wellbeing are well documented. We focus on breathing techniques, stretching, postures, balancing and include 10 min relaxation and meditation. This course is open for beginners as well as advanced levels and builds on prior experience.

Please wear comfortable clothing and bring a yoga mat, blanket, small cushion and water bottle. THERE IS RESTRICTIONS ON HOW MANY YOGA CLASSES YOU CAN ATTEND DUE TO THEIR POPULARITY. PLEASE ENQUIRE AT THE OFFICE.

23EXE078: Yoga - Thursday AM **Type: Ongoing**
Dates: 02/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 9:30am - 10:30am**
Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: Dee Morice**

Thursday yoga is based on Beginner Yoga. The session will start with warm up stretching, Standing poses, to knees and to the floor and final relaxation. We use props, so bring a mat, small cushion and a block and strap if you have these.

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

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

23GAM015: Chess **Type: Ongoing**
Dates: 02/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 9:30am - 1:00pm**
Venue: Classroom A 1 Civic Square Croydon **Leader: Tom Kenney**

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

23GAM022: Cryptic Crosswords **Type: Ongoing**
Dates: 31/01/2023 - 01/12/2023 **Frequency: Weekly, Tue 9:30am - 11:00am**
Venue: U3A Classroom 7 Civic Square Croydon **Leader: Yvonne Emerton**

Have cryptic crosswords always baffled you? Learn the secrets to unlocking cryptic clues. We work together on the same crossword, discussing each answer in detail. Other word brainteasers are included from time to time. Informal, fun, and interactive.

Beginners only accepted at the beginning of Term 1

23GAM027: Mahjong - Social **Type: Ongoing**
Dates: 01/02/2023 - 01/12/2023 **Frequency: Weekly, Wed 10:40am - 12:15pm**
Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: Evelyn Faloona**

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.

23GAM028: Rummikub **Type: Ongoing**
Dates: 02/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 1:15pm - 3:15pm**
Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: Isobel Valotto**

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

23GAM033: 500 Card Game

Type: Ongoing

Dates: 02/02/2023 - 01/12/2023

Frequency: Weekly, Thu 1:30pm - 3:30pm

Venue: Classroom A 1 Civic Square Croydon

Leader: 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

23GAM039: Hand & Foot Canasta

Type: Ongoing

Dates: 01/02/2023 - 01/12/2023

Frequency: Weekly, Wed 12:45pm - 4:00pm

Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon Leader: Helen Amos

Canasta Hand & Foot is a card game. You are dealt 13 cards for your hand & 13 cards for your foot. We play both singles and doubles with 8 packs of cards. Each individual game lasts approx 1 hour and the complete match can take up to 3 hours.

Prerequisites: To have some previous knowledge of playing Canasta.

History- Australian & Genealogy

23HIS005: Australian History

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

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

Venue: Cheong Park Back Building - Entry Eastfield Rd Croydon Sth

Leader: 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

23HIS024: Genealogy/Family History

Type: Ongoing

Dates: 02/02/2023 - 01/12/2023

Frequency: Weekly, Thu 11:45am - 3:00pm

Venue: U3A Classroom 7 Civic Square Croydon

Leader: 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 Leader will be held on the 1st and 3rd Thursday of the month. The Group will meet on the 2nd Thursday of the month to help each other with research. 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.

The course will be structured to allow beginners to learn from the first certificates to how to keep records, find records, and take DNA Experience members will be Helped to Find Ancestors using DNA and other Alternate Archives to the on-Line Companies.

Humanities-Book Clubs, Literature, Speechcraft, Current Affairs, Dining etc

23HUM003: Book Chat - Keystone 1st Monday

Type: Ongoing

Dates: 06/02/2023 - 06/11/2023

Frequency: 1 day each Month, Mon 11:00am - 12:00noon

Venue: Classroom A 1 Civic Square Croydon

Leader: Sue Martin

Book Chat is an exciting approach to reading among the Croydon U3A's offerings for people who enjoy reading. Unlike regular book clubs, where participants usually all read the same titles, our book chat group meets on a monthly basis to talk about the books each of us have chosen to read, books that reflect our own reading interests and experiments. Our meetings involve each participant sharing his/her reading experiences; titles are shared, books are sometimes exchanged and a "summary" of each person's reading is sent to members after each book chat meeting. Participants really enjoy hearing about the different selections fellow group members have made over the months and the new "approaches" these can offer to their own reading. Come along and read with us. For further information please contact Sue Martin 0411 380 688.

23HUM012: Film Group - Wednesday

Type: Ongoing

Dates: 01/02/2023 - 01/12/2023

Frequency: 1 day each Month, Wed 11:30am - 1:30pm

Venue: Croydon Cinema Level 1, 3 - 5 Hewish Road Croydon

Leader: Elaine Marsden

Wednesday once a month - 20 participants - Croydon Cinema optional coffee/lunch/chat after. For those who enjoy a film and the opportunity, if you wish, to have a chat about it after over a coffee and/or some lunch locally, this is for you. Screening normally starts at 11.30 am. Meet at Croydon Cinemas, Hewish Road, Croydon for something historical or hysterical, thought provoking, moving, informative or just out of your normal area of interest. Titles advised prior to screening.

Please note - Croydon Cinemas have a rather large flight of stairs to the box office. There is a chair lift so if you are in need of a free trip up the stairs, please allow extra time prior to enjoy the ride.

23HUM018: Current Affairs

Type: Ongoing

Dates: 02/02/2023 - 01/12/2023

Frequency: Weekly, Thu 11:30am - 1:00pm

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

Leader: 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 the class is full. The course will run if the temperature exceeds 30 degrees as the venue is air-conditioned

23HUM038: Dinner Date

Type: Ongoing

Dates: 02/02/2023 - 01/12/2023

Frequency: Different days monthly, Thu 6:00pm - 10:00pm

Venue: Outside Venue

Leader: 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, SMS OR EMAIL MERV AMOS TO MAKE A BOOKING. If leaving a message, please give your return phone number. You will only receive a return call if there is a problem. Bookings close 2 days before the event. You will be notified at each invite letter of any changes.

Requirement - must be independently mobile

23HUM043: Tim's Spiritual Journey Group

Type: Ongoing

Dates: 02/02/2023 - 01/12/2023

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

Venue: Kilsyth Sth Baptist-Portable 382-388 Liverpool Road Kilsyth

Leader: 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.

23HUM047: Bible Prophecy

Type: Ongoing

Dates: 31/01/2023 - 01/12/2023

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

Venue: Private Home

Leader: 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.

23HUM050: Tarot for Intermediate Students

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

Frequency: Weekly, Fri 12:45pm - 2:45pm

Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon

Leader: Jenny Higgins

This class continues on from last year's beginners class in which we completed a comprehensive study of the 78 cards in a tarot deck, and began to practice reading the cards using simple spreads. This year we will spend more time reading the cards for each other in a friendly and supportive environment. Through reading practice we will be revising what we learned in the 2022 class. We will also look at some areas in more depth, such as the numerological meanings of the cards, the complex nature of the court cards, the symbols on the cards and how to read them, and using specific spreads for certain questions. I will also provide students with supplementary information to the notes I gave out last year. Students will be emailed class notes which they will need to print and bring to class.

Students must have some knowledge and experience of the tarot using the Rider Waite Smith deck and ideally have completed the 2022 class with me. Students need to have their own Rider Waite Smith deck.

23HUM055: Write Your Memoir

Type: Ongoing

Dates: 10/03/2023 - 01/12/2023

Frequency: Weekly, Fri 12:30pm - 3:00pm

Venue: Cheong Park Back Building - Entry Eastfield Rd Croydon Sth

Leader: Faye Michelson

Do you want to write the story of your life for future generations to read? We may think our lives are ordinary, but for our children, their children and their children's children, reading what life was like for their parent and grandparents is a fascinating slice of family history. Life without television – what did you do? No mobile phones – are you kidding? Give them an insight into what life was like a generation (or two) ago through your stories of childhood and school life, bringing up your family, employment, and living in a time of huge technological change. Introduce them to you as a child and young adult so they can see how you grew into the adult you are today. Record your times of joy, your challenges, achievements and, if you want to, the times of sorrow and hardship. This course will help you find your voice, create a timeline, and show you how to organise your memories and stories into something your family will want to read. You can organise your text on a computer, but a notebook or folder with dividers is also recommended to jot down ideas, stories and memories.

23HUM057: The Art of Storytelling

Type: 1 Term

Dates: 24/04/2023 - 23/06/2023

Frequency: Runs 1 term, Mon 9:00am - 11:00am

Venue: Classroom A 1 Civic Square Croydon

Leader: Jim Brown

The weekly course starting term 2 will cover:- (1) An overview of story telling in all its different forms throughout history, eg, essays, poetry, diaries, family histories etc. (2) Creative writing techniques, printing and publishing. (3) Performance techniques for live story telling, (4) Simple recording techniques for preserving the stories of others. Participants (will finish the course by creating and sharing a story of their own. This won't be a competition, but a chance for course members to express themselves, and also hear (and be inspired by) the stories of others.

NOTE- ALL COURSE MEMBERS MUST HAVE AN EMAIL ADDRESS)

23HUM059: Literature, Creative Writing

Type: 2 Terms

Dates: 03/02/2023 - 01/12/2023

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

Venue: U3A Classroom 7 Civic Square Croydon

Leader: Paul Martin

This unit is primarily built around the reading, interpretation and understanding of literary texts. It is designed to allow participants to develop skills and perspectives to help them get a deeper understanding from their reading of literature. It shows how students can get more from their reading through an understanding of how literary techniques and critical theories are reflected in novels, poetry, drama, film and non fiction. The class is very much built around discussions. LITERATURE students undertake close reading of texts and analyse how language and literary techniques work within the text. Emphasis is placed on a text's meaning and how that can be found in its literary form. The relevance of the historical and cultural contexts of both the text and you, the reader, are part of what are examined. The views and values that both reader and writer bring to the text are an important part of our study. CREATIVE WRITING (an optional extra) An optional arm to this unit will offer participants an opportunity to put together a folio of their own creative writing (mostly focusing on biography and memoir forms), making use of in part, the literature we examine in class. This arm is not a compulsory part of this unit. TEXTS: Students will be asked to buy TWO class texts for the unit and there will be a small charge at the completion to cover our photocopying costs. This course will be held each fortnight over the first two school terms.

23HUM072: Philosophy: The Problem of Consciousness

Type: 2 Terms

Dates: 01/02/2023 - 21/06/2023

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

Venue: Cheong Park Back Building - Entry Eastfield Rd Croydon Sth

Leader: Paul Martin

German philosopher, Markus Gabriel, reminds us that we "...are awake and thus conscious; we have thoughts, feelings, worries and hopes. We speak with each other, found states, choose parties, conduct research, produce artworks, fall in love, deceive ourselves and are able to know the truth. In short: we humans are minded animals" (2017). So, what is this thing we call consciousness? To say the least, it is a slippery concept. Philosophers from many countries, traditions and cultures have been interested in it, sometimes exploring it through the question/lens of "Who am I?" Neuroscience, Psychology as well as Philosophy all have had a go at offering insights; the problems of mind, body and consciousness will provide the basis for Croydon U3A Philosophy in 2023. This course will run fortnightly over a period of two terms (1 semester).

23HUM075: Poetry / Writing Group

Type: Ongoing

Dates: 01/02/2023 - 01/12/2023

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

Venue: U3A Classroom 7 Civic Square Croydon

Leader: 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

23HUM079: Potted Poets

Type: Ongoing

Dates: 01/02/2023 - 01/12/2023

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

Venue: Private Home

Leader: Kevin Mulvogue

We read and discuss poems of many and various poets, from the old to the new, from local to international. Our conversations begin with the poems and move on to many an anecdote or personal reflection, where the enjoyment is not only in the poem but our varied interpretations. We are not a writing group. No prerequisites, only a willingness to laugh, listen and comment. And enjoy a cuppa as well.

23HUM083: Speechcraft - Friday

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

Frequency: Weekly, Fri 2:00pm - 4:00pm

Venue: Classroom A 1 Civic Square Croydon

Leader: 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

23LAN005: French for Beginners

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

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

Venue: U3A Classroom 7 Civic Square Croydon

Leader: Onre Dossena

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.

23LAN010: French Level 2

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

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

Venue: U3A Classroom 7 Civic Square Croydon

Leader: Janine Ochsenbein

This course is for students who have a basic knowledge of French from school or elsewhere. TEXTBOOK: Edito A2 2nd Edition. A completely revised edition with up-to-date exercises in the 4 language skills

Students please contact Leader on 9723 8542

23LAN016: French Level 3

Type: Ongoing

Dates: 02/02/2023 - 01/12/2023

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

Venue: U3A Classroom 7 Civic Square Croydon

Leader: Janine Ochsenbein

An intermediate level course for students who have completed level 2 (or Year 10 French at school) TEXTBOOK: Edito B1, textbook + cahier d'exercices. We also read and discuss materials from French newspapers and magazines and watch the occasional film.

23LAN022: Advanced French

Type: Ongoing

Dates: 31/01/2023 - 01/12/2023

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

Venue: Classroom A 1 Civic Square Croydon

Leader: Janine Ochsenbein

This course is aimed at students who have studied French to year 12 level or higher or who have previous knowledge of French at a similar level. TEXT BOOK: Edito B2 2nd edition (recently published) CULTURAL THEMES FOR 2023: 1. Le Cinema francais, in conjunction with the French Film Festival in March. 2. Litterature francais - Moliere + ecrivains contemporains Annie Ernoux, Patrick Modiano, Amelie Nothomb. 3. La Belle epoque - histoire culturelle.

23LAN027: French - Elementary - Year 1

Type: Ongoing

Dates: 31/01/2023 - 01/12/2023

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

Venue: U3A Classroom 7 Civic Square Croydon

Leader: Ian Birchall

This is the first year of an elementary (A1-A2) language course suitable for keen beginners and those who may have studied some French previously (A1 level). 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. Please note : While the Leader is not fluent in French, he is proficient enough to be 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: Some previous French learning either at school or in a recent beginner's course would be ideal. Keen beginners are welcome, but they should join at the start of the year in order to get the benefit of introductory lessons which focus on pronunciation. Time: Expect homework and set aside time to practise every day. Text: A textbook oriented to adult learning is supplemented with online resources, worksheets and audio-visual materials. Computer skills: Be comfortable using email and accessing online resources, such as YouTube videos.

23LAN028: French - Elementary - Year 2

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

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

Venue: U3A Classroom 7 Civic Square Croydon

Leader: Ian Birchall

This is the second year of an elementary (A1-A2) language course. It is suitable for those who have studied some French previously (A1 level). 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. Please note: While the Leader 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. Time: Expect homework and set aside time to practise every day. Text: A textbook oriented to adult learning is supplemented with online resources, worksheets and audio-visual materials. Computer skills: Be comfortable using email and accessing online resources, such as YouTube videos.

23LAN029: Deutsche Unterhaltung

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

Frequency: Weekly, Fri 12:15pm - 1:45pm

Venue: Classroom A 1 Civic Square Croydon

Leader: 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.

23LAN035: German - Level 2

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

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

Venue: U3A Classroom 7 Civic Square Croydon

Leader: Janine Ochsenbein

A post-beginner course for students who have a basic knowledge of German. TEXTBOOK: Schritte book 5 with regular revision of work from book 4 + A reader dealing with various aspects of German culture. 2023 title: TBA

23LAN036: German - Level 3

Type: Ongoing

Dates: 01/02/2023 - 01/12/2023

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

Venue: U3A Classroom 7 Civic Square Croydon

Leader: Janine Ochsenbein

An intermediate level course for students who have completed Level 2 or who have previous knowledge of German. TEXT BOOK: Schritte book 6+ Entdeckungsreise DACH German culture and tourism. We also read weekly articles from the German press about German and international news.

Music-Choir & Guitar & Ukulele

23MUS007: Musicology

Type: Ongoing

Dates: 02/02/2023 - 01/12/2023

Frequency: Weekly, Thu 1:00pm - 4:00pm

Venue: Cheong Park Back Building - Entry Eastfield Rd Croydon Sth

Leader: Peter McErlain

Acoustic popular music playing groups with a focus on reading and playing music, and fun. Suitable for many acoustic instruments including guitar, bass, ukulele, banjo, mandolin, violin, tin whistle, recorder, mouth organ and flute. Other instruments are possible, singing too. Popular music is the focus but others possible such as classical and blues, will be guided by the group. Maximum group size: 20 All written materials will be provided. For more information contact Peter McErlain at petermcerlain@gmail.com

23MUS012: Beginners Guitar and Ukulele

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

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

Venue: Kilsyth Sth Baptist-Portable 382-388 Liverpool Road Kilsyth

Leader: 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 Leader on 9726 8058 for details.

23MUS015: Beginners Uke Guitar Continuing

Type: Ongoing

Dates: 03/02/2023 - 01/12/2023

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

Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon

Leader: 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 Leader on 9726 8058 for details.

23MUS020: Guitar & Ukulele

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

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

Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon

Leader: 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 2022. 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 11 years of song sheets costing \$50.00. 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 LEADER. PLEASE NOTE TERM 4 WILL FINISH ON MONDAY 18TH DECEMBER 2023

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

23MUS025: Croydon U3A Singers

Type: Ongoing

Dates: 01/02/2023 - 01/12/2023

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

Venue: Swim Log Cabin Rear Springfield Swim Pool Croydon

Leader: Mary Fraser

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

When we sing for an audience, black clothing is worn, with supplied scarf/pocket square. No need to be able to read music.

23MUS035: Musical Jam

Type: Ongoing

Dates: 01/02/2023 - 01/12/2023

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

Venue: Kilsyth Sth Baptist-Portable 382-388 Liverpool Road Kilsyth

Leader: 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. Members will need to bring a music stand. New songs will be distributed via email each week, and all songs will also be available on the internet on OneDrive

Course For No Course

23ZZZ01: Course For No Course

Type: Ongoing

Dates: 30/01/2023 - 01/12/2023

Frequency: None, Mon 9:00am - 10:30am

Venue: None

Leader: 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.
