



THE UNIVERSITY OF THE THIRD AGE

U3A Croydon Inc.

2023 Courses

23 July 2023

U3A Croydon Inc. Contact Details

7 Civic Square

Croydon

Victoria 3136 Australia

Phone: (03) 9724 9544

General Email contact: u3acroydon@u3acroydon.org.au

Courses Email contact: coordinator@u3acroydon.org.au

Volunteer Email contact: u3acroydon@u3acroydon.org.au

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

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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 \$35.00
- Full Leaders (ie. those who **are participating** in a course in addition to their own) \$35.00
- Assistant Leaders \$35.00
- 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
Aquahub Civic Square	Croydon Aquahub	11 Civic Square, Croydon, 3136 Opposite Birdwood Rd
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

Leader2: Helen Amos

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: Neil Rose

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: Elaine Marsden

Leader2: Christine Tomic

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 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: Elaine Marsden

Leader2: Christine Tomic

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: Elaine Marsden

Leader2: Christine Tomic

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: Elaine Marsden

Leader2: Christine Tomic

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: Elaine Marsden

Leader2: Christine Tomic

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:

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

23AAW003: Resuscitate a Mate - CPR for Seniors

Type: Half- Day Seminar

Dates: 24/10/2023 - 24/10/2023

Frequency: Half day seminar, Tue 12:00noon - 1:30pm

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

Leader:

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

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**
Leader2: Lorraine Manderson

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**
Leader2: Peter Thorpe

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

23COM003: Computers-Basic Level 1 Term 3 **Type: 1 Term**
Dates: 14/07/2023 - 15/09/2023 **Frequency: Weekly, Fri 1:00pm - 2:30pm**
Venue: Computer Room 1 Civic Square Croydon **Leader: Trevor Bellinger**

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 coordinator as to their suitability for the course.

23COM004: Computers-Basic Level 1 Term 4 **Type: 1 Term**
Dates: 06/10/2023 - 01/12/2023 **Frequency: Weekly, Fri 1:00pm - 2:30pm**
Venue: Computer Room 1 Civic Square Croydon **Leader:**

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 coordinator as to their suitability for the course.

23COM020: Computers-Creating a Digital Wallet **Type: Short**
Dates: 03/08/2023 - 03/08/2023 **Frequency: 1 Day Course, Thu 2:00pm - 3:00pm**
Venue: Croydon Library Civic Square Croydon **Leader:**

What is a digital wallet? Is it safe? Can it save you time & bother? We'll answer all your questions and more at this session. You'll learn how to add loyalty cards to your phone, how to safely use your Bank cards, and how to keep yourself safe with online purchases. We'll also teach you about the apps and services that allow you to create a secure digital wallet on your smartphone. It is time to say goodbye to your wallet! This is a partnership between U3A Croydon and Your Library, to promote digital literacy in older Victorians. To book for this event contact Trevor Bellinger at U3A Croydon. Phone 9729 9308 or 0418 556 236 or online at: [www: u3acroydon.org.au/courses-activities](http://www.u3acroydon.org.au/courses-activities) NOTE: THIS CLASS WILL BE HELD AT THE CROYDON LIBRARY.

23COM053: Computers-iPad for Beginners Term 3

Type: 1 Term

Dates: 11/07/2023 - 12/09/2023

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.

23COM054: Computers-iPad for Beginners Term 4

Type: 1 Term

Dates: 03/10/2023 - 28/11/2023

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 a "once only" \$2 fee to cover the cost of photocopying of the notes. This course is for iPad owners and NOT for Android tablet owners. It 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.

23COM065: Computers-Level 2 Term 3

Type: 1 Term

Dates: 12/07/2023 - 13/09/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

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. 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

23COM120: Snip Tool & Printing Screen - Term 4

Type: Short

Dates: 01/11/2023 - 01/11/2023

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

23COM230: Backing Up Your Computer Term 4

Type: Short

Dates: 04/10/2023 - 04/10/2023

Frequency: Half day seminar, Wed 1:00pm - 2:30pm

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

Have you thought about all the precious files/photos, etc on your computer if it gets hacked, stolen, or meets with a disaster? You should have it backed up, ie a copy of it. This course gives you a greater understanding of how to back up your files, folders, contacts, etc on your PC using File History, the Windows 7 Backup & cloud storage eg OneDrive. It also includes how to restore your files back onto your computer.

Suitable for those who have some computer experience. As this course can only be demonstrated in the classroom, if you have a laptop and would like to set it up on your own laptop, you can bring this along to the class PROVIDED IT HAS A FULLY CHARGED BATTERY. You will also require an external hard drive to back it up on. Notes are available only for those who attend the Course. If you need more information on this course ring Joy on 9729 9308

23COM245: Transfer Photos from Phone/Tablet to PC T4

Type: Short

Dates: 18/10/2023 - 18/10/2023

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. You will need to bring along your phone/tablet with a fully charged battery and the cord that you use to charge it with. It is best if this cord is the original one that came with the device. The desktop computers in the classroom are used for this class.

ENQUIRIES: Joy 9729 9308

23COM320: COMPUTER TIPS & HOW TO Term 4

Type: 1 Term

Dates: 04/10/2023 - 29/11/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

In this course, you will be shown how to use hidden features in Word such as soft return, shortcut to line spacing and highlighting, using Quick Parts, using portrait and landscape orientation in one document, and how to insert a file path in a document. Tips on how to clean the hard drive, compare documents side-by-side, create a caps lock indicator, make a slide shut down, and produce synchronous scrolling. Information on other USB Drive uses and the QT Tabbar's usefulness in File Explorer. Also, questions answered such as whether you should be leaving your computer on all the time and what should you consider when selecting cloud storage. As this is a term-long course, there is so much taught in this class, that it is too numerous to mention here.

23COM360: CREATING VIDEOS Using Your Own Photos T3

Type: 1 Term

Dates: 12/07/2023 - 13/09/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

This course is conducted using Clipchamp the very simple App which comes with Windows 11 or can be used Online or downloaded from the Microsoft Store. You will be shown how to use your own photos & videos to create your own videos ideal for Eulogies, a legacy for grandchildren, or fun videos to share with others This course includes: Tips on taking future photos & videos, and how to film an interview for the introduction. Preparing the photos/videos to use for your video, including editing the videos. Add captions, sounds, narration & your own music to the created video. Creating animation in PowerPoint and using it in the video. Also saving the video to share with others

This course can be a lot of fun. If you have tried creating your own videos before and gave up because the app was too difficult, try this one as it is so easy. Pupils must have their own computer and confidence in using it. The \$20 course fee must be paid before the class commences. ENQUIRIES: Trevor or Joy 9729 9308

23COM450: WINDOWS 10 & 11 Term 3

Type: 1 Term

Dates: 14/07/2023 - 15/09/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

Are you confused about how to use Windows 10? This course will show you how to understand and make full use of the Windows 10 & Windows 11 operating system, discovering their many features. WINDOW 10: Those that want to learn about W10 will be using the desktop computers in the classroom. WINDOWS 11: Those that want to learn about W11 can bring their own laptops with a fully charged battery.

23COM455: WINDOWS 11 Term 4

Type: 1 Term

Dates: 06/10/2023 - 01/12/2023

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

Venue: Computer Room 1 Civic Square Croydon

Leader: Joy Bellinger

Are you confused about how to use Windows 11? This course will show you how to understand and make full use of the Microsoft Windows 11 operating system, discovering the many features & how to personalize your computer to suit your own needs. You will need to bring your own computer to the Course as the computers in the classroom does not have Windows 11 as the operating System. The laptop will need to have a fully charged battery.
ENQUIRIES: Trevor or 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 9:30am - 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

Leader2: Lia Howell

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

Leader2: Helen Loucas

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**
Leader2: Wendy Holmes

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: U3A Classroom 7 Civic Square Croydon **Leader: Mandy Carolan**
Leader2: Helen Loucas

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**
Leader2: Heidi Peach

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**
Leader2: Jane Jones

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: Weekly, 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 - 11:45am**

Venue: Keystone Hall 9 Civic Square Croydon **Leader: Marie Harman**

Leader2: Jude Crute

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**

Leader2: Jacky 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.

23DAN009: Partner Dancing

Type: Ongoing

Dates: 02/08/2023 - 01/12/2023

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

Venue: Senior Citizens Room 7 Civic Square Croydon

Leader: Mal Day

This dancing course is designed to maintain our fitness and memory abilities as we all may be getting a little older and possibly a little less inclined to learn new steps and routines etc.. There is no expectations from the leader to remember any particular routine from week to week. It is mainly short term memory that is needed and used in any given routine. It is a mixture of many different types of dancing styles including Folk, Bush, Country, Ballroom and Square Dancing as well as other various Genre's.

No Partner is required Each dancer would need a reasonable amount of mobility to get the best out of this course, but previous dancing experience is not necessary. The "Leader and Partner" equalising is done with the use of a Blue sash that the leader wears to signify their role, although it is quite often the same steps as their partners but on the other foot or in the opposite direction etc.. It is usually progressive so it is easier for everyone to pick up the routines as you are moving from partner to partner and learning from each other.

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: Ely Raaymakers
Leader2: Kay Jones

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.

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

Leader2: Geoff Steventon

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

Leader2: Bruce Blythe

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

Leader2: Bernie Simmonds

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

23EXE030: Walking Games for Fun

Type: Ongoing

Dates: 04/08/2023 - 01/12/2023

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

Venue: John Frost Stadium Front Building - Entry Eastfield Rd Croydon Sth Leader: Graham Cusack

The idea of the course is to promote fitness by playing ball games that we knew as we grew up and incorporate a little bit of soccer, basketball and netball all at walking pace. In addition we will look at improving our ball skill with easy drills. This is not in a competitive activity but one where non competitive people can come together and play ball in a U3A social environment of fun, respect and safety. Want to encourage non competitive people to come and exercise (walking is a beneficial exercise) and just have fun. I will be asking participants to put forward other games that could be incorporated into the session, if they wish to. But most of all I want to hear laughter and see fun and camaraderie in loads emanating from the stadium.

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

Leader2: Sue Martin

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.

23EXE034: Seated Feldenkrais

Type: Ongoing

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

Frequency: Weekly, Wed 2:15pm - 3:15pm

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

Leader: Kylie Cook

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. All lessons are done seated or standing (chair can be used to help). Suitable for beginners and experienced Feldenkrais students.

PREREQUISITES: A towel to use as support, easy moving clothing are required. Preferably no footwear is worn during classes.

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

Leader2: Brenda Pickthall

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.

23EXE039: Keep Fit Class B **Type: Ongoing**

Dates: 07/03/2023 - 01/12/2023 **Frequency: Weekly, Tue 11:30am - 12:30pm**

Venue: Kilsyth Sth Baptist-Portable 382-388 Liverpool Road Kilsyth **Leader: Dagmar Zachar**

The class will consist of :WARM UP,STRETCHING,WORKING WITH WEIGHTS,THERABANDS ,CORE and BALANCE WORK and RELAXATION For your information: I was fitness instructor in Croydon Leisure Centre for close to 40 years teaching :AEROBICS,FITNESS CLASSES,BODY BALANCE and KEEP FIT CLASS FOR OLDER ADULTS..ETC Also in same time I was working for Box Hill hospital Gentle exercises for older adults class and Exercise and activities for people with Arthritis

Prerequisites :Floor mat,a pair of suitable weights (eg 1/2kg,1kg and 1and ½ kg....dependent of the fitness .Therabands,comfortable clothing and water bottle.

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**
Leader2: Mary Lowe

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.

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**
Leader2: Jennie Hollis

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**
Leader2: Sue Jackson

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**
Leader2: Jennifer Crowe

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.

23EXE071: Yoga - Monday AM **Type: Ongoing**

Dates: 20/03/2023 - 01/12/2023 **Frequency: Weekly, Mon 11:00am - 12:00noon**

Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: Rob Frost**

Originally developed by Hindus in India over 3000 years ago, Yoga is usually seen as a series of exercises and postures designed to promote physical and spiritual well being. Class leader Robert is a graduate of the Gita School of Yoga. Based on an ancient yogic path, Gita stresses mindfulness of the body and the breath, rather than perfect posture. As the class progresses through the chakras of our hormone system, participants will experience a sense of well-being, a new ability to face life's challenges, a fresh determination to manage our goals,...and Yes - fun! Join Us!

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 9:15am - 10:30am**

Venue: Springfield Pavilion Cnr Springfield Ave & Mt Dandenong Rd Croydon **Leader: Murali Pillai**

Murali completed Yoga certification (TTC) from Sivananda Yoga International Ashram three decades ago. Subsequently completed a Master(MSc) of Science in Yoga from Annamalai University in southern part of India. He has been teaching people of various age groups in India and also tourists visiting India from various Western countries.

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**
Leader2: Jennifer Vasishta

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.

23EXE079: Yoga Intermediate - Thursday AM

Type: Ongoing

Dates: 13/07/2023 - 01/12/2023

Frequency: Weekly, Thu 10:15am - 11:15am

Venue: Senior Citizens Room 7 Civic Square Croydon

Leader: Rob Frost

Is it time to level up your Yoga practice by going deeper into the asanas, physically and mentally? Do you want to explore ways to integrate your Yoga practice into daily life? Maybe you have outgrown the challenges of Yoga at the 'novice' level, but are not sure if you qualify as 'advanced'. Yoga at the 'intermediate' level could be your next step. Meet new challenges in Yoga, without pressure, while checking out just where your Yoga path may lead. Yoga : Your Own Goals Achieved.

Students will need a reasonable fitness level, an ability to concentrate on details, and a good sense of humour.

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

Leader2: Joan Smith

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 1:30pm - 3:30pm

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

Leader: Isobel Valotto

Leader2: Jan McFarlane

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

History- Australian & Genealogy

23HIS005: Australian History

Type: Ongoing

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

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

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

Leader: Stephen Lucas
Leader2: Bill Tucker

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

Leader2: Glenda Gribble

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 - Cheong 1st Monday

Type: Ongoing

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

Frequency: 1 day each Month, Mon 11:00am - 12:15pm

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

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 11:00am - 1:30pm

Venue: Boronia Cinema Dorset Square Boronia

Leader: Elaine Marsden

Leader2: Jen Quisted

FILM GROUP - various Wednesdays (at least once per month) throughout term Metro Cinema, Dorset Square, Boronia - morning session (start time usually 11.00am), followed by optional lunch to chat about film or life. Entry is \$10.00 and includes tea, coffee (instant) or hot chocolate - BYO Tim Tams! Films designed, hopefully, to have you laughing, reflecting, thinking and maybe even shedding a tear, followed by lunch at a local eatery.

Please note there are stairs on entry, though not as steep or lengthy as Croydon. There is no lift option available. Plenty of nearby parking.

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**
Leader2: John Penwill

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**
Leader2: Helen 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.

23HUM060: Literature-Creative Writing. Two Projects

Type: 2 Terms

Dates: 14/07/2023 - 01/12/2023

Frequency: Fortnightly, Fri 1:15pm - 2:45pm

Venue: U3A Classroom 7 Civic Square Croydon

Leader: Paul Martin

Second semester 2023 is built around two "literary projects". The first has to do with a close reading of a classic 19th century novel alongside a novel that is a re-reading and rewriting of the 19th century work. What insights and possibilities are offered to both reader and writer in a project such as this. The second focuses on two very different "Australian authors". This reading project begins with a first novel by an Australian writer of Vietnamese background. He is fascinated by the family story, especially as it relates to his grandfather. The final text (First Nations classic series) by an indigenous writer "growing up in the shifting landscape of Gundagai". Set texts to be acquired - - Great Expectations - Dickens - Mister Pip - Lloyd Jones - Anam - Andre Dao - Purple Threads - Jeanine Lean A creative writing will be offered in this unit. Paul Martin 0422 389 221

23HUM073: Philosophy: Knowledge falls on deaf ears

Type: 2 Terms

Dates: 12/07/2023 - 29/11/2023

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

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

Leader: Paul Martin

The study of Knowledge - what do we know, and maybe to whom do we listen, is called Epistemology by English philosophers - one of the most central of the philosophical topics. This unit responds to the suggestion that there are so many issues confronting us that are difficult know - well, we actually know. What do our experiences and senses tell us? To whom and what do/should we listen? How do we go about knowing things with any confidence? Some topics considered - What is Knowledge? - Pluralism? - To whom and what should we listen - What can the "Ancients" tell us? - How can ethics affect what you "know"? - Scepticism - Learning from words This unit involves homework between sessions and active participation in class. Paul Martin, Leader 0422 389 221

23HUM075: Poetry / Writing Group

Type: Ongoing

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

Frequency: Fortnightly, Wed 1:00pm - 3:00pm

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

Leader2: Helen Kershaw

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

Leader2: Frank Brown

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.

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**
Leader2: Hilla Reynolds

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**
Leader2: Jenny Shaw

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

23MUS005: Rhythm Piano Playing **Type: Ongoing**
Dates: 23/02/2023 - 01/12/2023 **Frequency: Weekly, Thu 10:30am - 1:00pm**
Venue: Cheong Park Back Building - Entry Eastfield Rd Croydon Sth **Leader: Peter McErlain**

Learn to Play Piano Chords without reading music. Would you like to learn to play chords on the piano reasonably quickly to sing-a-long with? The course does not involve learning to read traditional sheet music. The focus is on learning to play chord shapes on the piano and to learn different rhythms. Great for absolute beginners, to more advanced players. BYO keyboard. All are welcome to sit in on a session to see how it all works. It's a lot of fun. Session Time -Thursdays Beginners 10:30am to 11:30am -Intermediate 12:00pm to 1pm. All new players would come to the beginners session when they start. If you are interested please email Peter McErlain at : petermcerlain@gmail.com . ----- Background The course teaches members to play chord shapes on the piano. This is a similar concept to learning to strumming chords on a guitar. When learning guitar chord playing, shapes are learnt and different strum patterns and fingerpicking styles are often taught. This course is very similar but taught for piano/keyboard. Often it is easier to play piano chords and can be less contorting on fingers than guitar. Piano chord playing will open up a whole new world of music possibilities. Songs are sung and members will learn to play chords with different rhythms. Because members are not learning to play the melody then there is quite quick progress. There is always a focus on fun.

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: 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

NOT FOR BEGINNERS. A class designed to give those who have limited experience of the ukulele the skills needed to be self sufficient and join the Monday or Wednesday music groups. Members joining the class after Term 1 will be expected to catch up to the rest of the group. Materials needed: Exercise book, pen/pencil. A small charge is made for photocopying of music. 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

Leader2: Col Crawford

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

Leader2: Sue MacLeod

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

Leader2: Rob Fairbairn

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

Science

23SCI020: Cosmology

Type: 2 Terms

Dates: 10/07/2023 - 01/12/2023

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

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

Leader: Bruno Zielke

This course will take you on a journey of the history of the universe. Let Bruno guide you on a fascinating journey. The course includes the story how the universe was created, the Big Bang itself, creation of galaxies, stars. It goes through the life of stars, their death and black holes. We will also talk about associated technology.

Topics that will be covered: 1.Contents Myths of Creation and Overview 2.Modern theories of how the universe was formed. 3.What is universe made of? 4.The telescopes and technology 5.The Big Bang and hyper inflation 6.First gas clouds, stars, and black holes 7.Life, death of stars and formation of black holes 8.Standard models of cosmology and particle physics 9. Standard models of cosmology & particle physics 10. Review & Summary
