



DEEPDENE
UNIVERSITY OF THE THIRD AGE

ABN: 12 241 330 302

www.u3adeepdene.org.au

FULL YEAR COURSES 2018

Updated for TERM 4

Please note there are no classes on November 5 & 6

Below are listed all of the courses within our program which are conducted on an ongoing basis, many of them on a weekly basis.

2018 term dates: **TERM 4** 15 October – 7 December
2019 term dates: **TERM 1** Starts in February

For activities or classes which have a different program each term (Historic Melbourne Walks, Military History, Travel), details of the program are included in the *Program Guide* for each term. Please note the location of your class when enrolling.

Enrolments for full year courses must be done online, with payment, where specified.

At this stage in the year, many Full Year classes have Waiting Lists. We encourage you to add your name to the List as vacancies do sometimes occur. Occasionally, where there is a need, we are able to find additional tutors and form an extra class

EXERCISE – PHYSICAL

For all exercise programs, participants are required to complete the *Fitness Australia* 'Pre-exercise screening tool' and then either:

- submit an authorization from their doctor, indicating that the program is considered suitable for them OR
- submit a signed disclaimer, accepting personal responsibility for their participation.

The 'Pre-exercise screening tool', the medical authorization form and the personal disclaimer pro forma will be emailed to members and will be available at the U3A Office.

For those exercise programs where payment is required, members must re-enrol each term.

Enrolments are accepted on line, in order of receipt, with payment on-line by credit card or with cheque or EFTPOS at the Office.

Note: F 01 – F 11 are exercise classes led by members of U3A Deepdene who are volunteers. There are no charges to members for these classes.

F 01 ChiBall

Bhavna Patel and Joan Cooper

ChiBall is a gentle exercise program combining the disciplines of tai chi, qigong, chigall dance, yoga, pilates, chiball release and relaxation.

Exercises are done to music, using soft, coloured, medium-sized, scented balls.

The exercises are helpful with stress, stiffness, joint mobilization and general toning.

Members enrolling in this class need to purchase a mat (tutor will advise about this). Balls are provided.

Group size limited to 25 persons

Tuesdays 1 30 pm – 2 30 pm Weekly

Main Hall, Deepdene Uniting Church

F 02 Wu Style Tai Chi

Joseph Wong & Susie Prior

The gentle and graceful movements of Wu style tai chi, when practised with slow breathing, can improve health, balance, and concentration and also develop strength and self-defence skills.

These classes include foundation exercises, push hand and hand form.

This class is suitable for both beginners and experienced practitioners.

Mondays 11 30 am – 12 30 pm Weekly

Main Hall, Deepdene Uniting Church

F 03 Chinese 8 Brocades with stretch and abs

Joseph Wong & Susie Prior

The Chinese 8 Brocades exercises have a history of nearly eight hundred years. They have been practised by many different schools with variations, but they all aim to promote health and to improve balance and flexibility.

In this class, we will start with easy postures, and so it will be suitable for beginners or anyone who likes to exercise.

Tuesdays 9 30 am – 10 30 am Weekly

Main Hall, Deepdene Uniting Church

F 04 Line Dancing

Susie Wong Prior

Line dancing is for all ages and specially choreographed to aid and improve memory. It is great for flexibility, bone density and cardio workout.

Wednesdays 12 30 pm – 1 30 pm occasionally in Term 4

Main Hall, Deepdene Uniting Church

F 05 Yoga

Bhavna Patel and Jan Wilkinson-Beards

Following the basic principles of this ancient exercise form, learn how to use breathing techniques, flexibility exercises and meditation to improve your health and happiness.

The classes at U3A Deepdene are conducted by two of our members who are skilled yoga practitioners who have undertaken training as tutors. They are not qualified yoga teachers.

Group size limited to 25

Fridays 9 30 am – 10 30 am Weekly

Main Hall, Deepdene Uniting Church

F 06 Gentle Walking Group

Joan Taylor

For members who enjoy walking regularly in a group, for the exercise and the company, but do not want strenuous exercise.

Walks, approximately 2 km, over relatively flat terrain, commence and conclude at Linear Park, just beyond church tennis courts.

Thursdays 9 am – 9 45 am Weekly

Deepdene, Linear Park – meet at the office

Hearty Walkers & Energetic Walkers – the new *PLAN* for Term 2 onwards.

Join these regular walking groups, with a focus on improving your cardiovascular levels and fitness.

Walks are approximately 4–5 km, moderate pace, including some gentle hills, enough to get your heart pumping. They commence and conclude at local venues with good car parking facilities and public transport access. Participants will take turns in leading the groups.

Members are welcome to join one Monday Group and/or one Wednesday Group.

Walks are followed by an optional coffee at a local coffee shop!



F 07 Hearty Walkers – Mondays

Coordinator – Margaret Callinan

Mondays 9 am – 10 am Weekly

Starting Point: Victoria Park

F 07 B Energetic Walkers – Mondays

Coordinator – Louise James and Barbara Burton

Mondays 9 am – 10 am Weekly

Starting point: Stradbroke Park

F 08 Hearty Walkers – Wednesdays

Coordinator – Margaret Callinan

Wednesdays 9 am – 10 am Weekly

Starting point: Stradbroke Park

F 08 B Energetic Walkers – Wednesdays

Coordinator – Pam McDill and TBA

Wednesdays 9 am – 10 am Weekly

Starting point: Victoria Park

F 09 Tennis Revival

Leona Haintz

For players who are familiar with the rules of tennis and have had some tennis experience – even if it was some time ago.

At the beginning, three free sessions will be held at Greythorn Park: Melways 46 G3 – entry Roberts Street opposite end of Madden Street.

(Following this, players may join U3A Deepdene Social Tennis group at Greythorn Park on Thursdays at 1 30 pm.)

Mondays 12 noon – 1 pm

Put your name on the list and Leona will phone you to make a date!

Greythorn Park Tennis Courts

F 10 Social Tennis

Leona Haintz and Margaret Sheppard

Are you a medium standard tennis player? Would you like to join a small group of U3A Deepdene members to play, on a regular basis? Court hire is \$5 per person, to be paid in cash on the day.

Players will take turns to buy balls.

Thursdays 1 30 pm – 4 30 pm Weekly

Greythorn Park Tennis Courts

F 11 Table Tennis

Coordinators: Marg Pont and Karyn Golumbeck

Players of all standards are invited. Regular attendance is recommended. Participants should wear casual dress and shoes with soles that will not mark the floor.

Fridays 1 30 pm – 3 pm Weekly

Main Hall, Deepdene Uniting Church

Note: F 12 –20 are classes led by registered fitness trainers. Charges to members cover the costs to U3A Deepdene of employing the trainers and purchasing equipment etc. Classes are not held on public holidays. Where possible, a replacement class, on the same day of the week, will be provided, during the following vacation.

F 12 Zumba Gold – Beginner

Meredith Read, Total Body Beauty

Zumba Gold takes the popular Latin–dance inspired workout of Zumba and makes it accessible for seniors.

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

This class is for beginners or near beginners. Group size restricted to 25

Cost for tuition: \$40 per term, paid in advance

Thursdays 10:30 am – 11:30 am Weekly

Main Hall, Deepdene Uniting Church

F 12G Zumba Gold – Beginner @ Greythorn

Meredith Read, Total Body Beauty

Zumba Gold takes the popular Latin–dance inspired workout of Zumba and makes it accessible for seniors.

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. This class is for beginners or near beginners.

Group size restricted to 30

Cost for tuition: \$40 per term, paid in advance

Mondays 10:45 am – 11 45 am Weekly

Greythorn Community Hub

F 13 Zumba Gold – Continuing

Meredith Read, Total Body Beauty

This is a Zumba Gold class for members with at least a year's experience of this exercise program.

Group size restricted to 30

Cost for tuition: \$40 per term, paid in advance

Thursdays 9:30 am – 10:30 am Weekly

Main Hall, Deepdene Uniting Church

F 14 Gentle Introduction to Strength Training 1 (GIST 1)

Sue Haviland, YMCA

These classes involve a range of upper and lower body-strengthening exercises for older adults, aimed especially at falls prevention.

Flexibility and core stability are also incorporated, using dumb-bells. Depending on fitness levels, resistance bands and ankle weights are used.

Sessions will provide an excellent workout to make participants feel stronger and more relaxed.

Group size restricted to 25

Cost for tuition: \$40 per term, paid in advance

Fridays 11 15 am – 12 15 pm Weekly

Main Hall, Deepdene Uniting Church

F 15 Gentle Introduction to Strength Training 2 (GIST 2)

Sue Haviland, YMCA

These classes are a continuation of GIST 1. The exercises are similar but at a more advanced level.

Group size restricted to 25.

Cost for tuition: \$40 per term, paid in advance

Tuesdays 3 pm – 4 pm Weekly

Main Hall, Deepdene Uniting Church

F 16 Strength Training and Balance 1 – Beginners

Sue Winkler, YMCA

This is a balance and strength exercise program for older adults. The emphasis is on balance, strength, flexibility, core and stretching, with light cardio.

Group size restricted to 16

Cost for tuition: \$40 per term, paid in advance

Wednesdays 11 15 am – 12 15 am Weekly

Main Hall, Deepdene Uniting Church

F 16 M – Balance and Strength 2 – More Advanced

Sue Winkler, YMCA

This is a balance and strength exercise program for older adults. The emphasis is on balance, strength, flexibility, core and stretching, with light cardio. This is at a more advanced level.

Group size restricted to 16

Cost for tuition: \$40 per term, paid in advance

Wednesdays 10 am – 11 am Weekly

Main Hall, Deepdene Uniting Church

F 17 Active Movers

Sue McQuillen, YMCA

This is a strength-based class at intermediate level, including a combination of cardio exercises such as simple aerobics, gentle jogging, sideway skipping, and activities to improve balance, core strength and flexibility using therabands, balls and weights.

Group size restricted to 25

Cost for tuition: \$40 per term, paid in advance

Mondays 10 30 am – 11 30 am Weekly

Main Hall, Deepdene Uniting Church

F 18 Balance and Strength for Men

Jon North, YMCA

The emphasis of this class is on balance, strength, flexibility, core and stretching, with light cardio.

Group size restricted to 20

Cost for tuition: \$70 per term, paid in advance

Mondays 11 45 am – 12 45 pm Weekly

Stradbroke Park Pavilion

F 20 Gentle Water Exercise

Aymee Bush, YMCA

This is a hydrotherapy, water-based class run by an experienced exercise physiologist.

The class is particularly suitable for people with arthritis, joint replacements, weak muscles, chronic pain or conditions that have mobility restrictions.

The water provides support for the body while stimulating your muscles, assisting with joint pain and improving your flexibility and balance.

Group size restricted to 15

Cost for tuition: \$60 per term, paid in advance

Thursdays 12 noon – 12 45 pm Weekly

Hawthorn Aquatic Centre

EXERCISE – MENTAL

F 21 Social Bridge

Co-ordinators: Janis Lim & Gerry O'Reilly

Come and join a group of people who enjoy Bridge, for a friendly game, on Tuesday afternoons. We welcome regular players and occasional players too. You do not need to bring a partner to participate.

Cost for stationery: \$5 per term, paid to class monitor, at first session.

Tuesdays 1 00 pm – 3 00 Weekly

Horrie Watson Pavilion

F 22 Duplicate Bridge

Co-ordinators: Kay and Peter Bailey and Barry Atkinson

Test your bridge skills in a quiet, friendly and comfortable environment.

We welcome regular players and occasional players too. You do not need to bring a partner to participate.

Cost for stationery: \$5 per term, paid to class monitor, at first session.

Mondays 9 45 am – 11 45 am Weekly

Horrie Watson Pavilion

F 23 Mahjong

Co-ordinators: Peter Saalmans and Barbara Urquhart

These sessions involve playing this fascinating ancient Chinese game, with decorated tiles. The class welcomes beginners as well as more experienced players who wish to expand their knowledge of special hands and of scoring.

Fridays 1 pm – 3 pm Weekly

Alston Halls, Deepdene Uniting Church

F 24 Scrabble

Co-ordinator: Christine McLeod

If you enjoy playing with words, join this group for a friendly and light-hearted game.

Fridays 10 am – 12 noon Weekly

The Concierge, Banool Road, Balwyn

F 25 Cryptic Crosswords

Join this group of keen, skilled, active cryptic crossworders for a challenging morning. Participants will share their expertise.

Fridays 9 30 am – 11 am Weekly

Alston Halls, Deepdene Uniting Church

EXTENDING YOUR THINKING

F 26 Politics and Current Affairs

Denise Deerson & others

This group will deal, at an intellectual level, with important political and social issues of the day, national and international. Member discussion will be encouraged.

Significant people with interesting ideas will be invited to lead some sessions.

Thursdays 10 am – 11 30 am Weekly

Usually at Horrie Watson Pavilion

F 26G Current Affairs and Politics note venue

Ilza Dulmanis and others

The session will consist of a short background presentation on a current issue, by the class leader, followed by a general discussion of a range of other current issues.

Participants are asked to read and bring to class editorials and comment pages from the previous week's issues of *The Age*.

(5) Mondays 11 am – 12 noon

20, 27 August, 3, 10, 17 September

Greythorn Community Hub

F 27 Philosophy

Dawn Heffernan, OAM

A journey through the history of philosophy, based on *The Story of Philosophy* by Bryan Magee.

This very readable book is highly structured and covers the major Western philosophers, from the early Greeks through to the mid 20th century.

This will be a full year, weekly course covering areas such as logic, aesthetics, philosophy of science and political philosophy.

Each session will cover a chapter of the book, with relevant discussion.

It is anticipated that members enrolling will attend regularly, but, if sessions are missed, members are encouraged to read the relevant chapter before the next session.

The tutor, a U3A member, has been conducting philosophy classes for other U3As in our area, for 26 years.

Text: Bryan Magee *The Story of Philosophy*. Internet price is about \$31. New participants are advised to delay purchasing the book until after their first session of the course.

Tuesdays 10 am – 11 30 am Weekly

Horrie Watson Pavilion

F 28 Judaism for non-Jewish People

Dina Burgess

The course will examine the faith, sacred texts, ethical teachings, and religious practices that have enabled the Jewish people to endure through nearly four thousand years, from Abraham to the present, despite centuries of persecution. Articles by rabbis and commentators from Israel and the Diaspora will be discussed. Songs, food, and the occasional joke will add 'Jewish flavor'. Both new and continuing members are welcome.

Thursdays 9 50 am – 11 30 am Weekly

Stradbroke Park Pavilion

WRITING, READING & FILM

F 30 Reading Great Literature

Christine Watters

In class, we read and discuss a selection of literary works from the last 3000 years.

We will start our 2018 program with a Russian novel and plays by Ibsen and Arthur Miller. We will then focus on Shakespeare and Proust.

This class continues through school vacation periods, at a different venue.

Thursdays 12 noon – 1 30 pm Weekly

Stradbroke Park Pavilion

F 31 Fiction Writing

Not in Term 4

F 32 Writing Class – Moments to Remember

Not in Term 4

F 33 Book Group

Leader: Anne Cocks

This is a friendly group of readers who meet together to choose their own books, then discuss them each month in a relaxed atmosphere. Participants take turns to lead the group.

Mondays 1 30 pm – 3 pm

October 22

Alston Halls, Deepdene Uniting Church

Mondays 1 30 pm – 3 pm

November 26

Stradbroke Park Pavilion

F 34 'Whodunits'

Leader: Roz Berman

Join with others who share your passion for crime fiction. We will be reading widely across the subgenres, including detective fiction, legal thriller, courtroom drama and spy novel. Members take it in turn to present a book of their choice.

Tuesdays 1 30 pm – 3 pm

3rd Tuesday in month

Stradbroke Park Pavilion

F 35 Crime Fiction

Leader: Robert Lyons

The group plans to read and discuss a broad range of crime fiction written by authors with specialist interests, including archaeology, art or a particular setting.

Thursdays 2 pm – 3 30 pm

1st Thursday in month

Alston Halls, Deepdene Uniting Church

F 36 Book Lovers' Club

Leaders: Anna Harley and Kay Withell

This monthly group is for those who love reading and discussing books, whether fiction or non-fiction, but don't want to read a prescribed text each month. Instead members bring along a book they've enjoyed to share. Some members may wish to exchange their choice for another book, but this is optional. A great opportunity to broaden your reading interests.

Tuesdays 1 15 pm – 2 45 pm

2nd Tuesday of month

Stradbroke Park Pavilion

See Program Guide in Literature section
for the following:

- Biography Book Group
- Book Group for Men
- Greek Tragedies and Comedies
- Play Reading sessions

PLUS

Many single sessions!

F 37 Film Group 1 – Monday Film Group

Leader: Kathy Wilton

This film group is held at a local cinema. The group watches the movie together, followed by lunch or afternoon tea at a local café. Members will be notified the week before by email or phone of the proposed film, time, cinema and café.

Mondays Depends on time of film

3rd Monday of month

Local Cinemas

MUSIC COURSES

F 39 Recorder Group – Intermediate

Leader: Nola Fletcher

This is an opportunity to experience the pleasure and excitement of ensemble playing.

New members, who can read music and have played recorder previously, are welcome.

Prospective members should check with the group leader about the appropriateness of the course for them.

Fridays 9 30 am – 11 am Weekly

Horrie Watson Pavilion

F 40 Recorder Group – Advanced

Leader Kathy Conlon

This is a group for advanced players with musical experience. Participants are encouraged to play all sizes of recorder.

The group plays music from the renaissance, baroque, modern works composed for recorder ensemble and 4 and 5 part arrangements. Our aim is to achieve beauty of tone and a cohesive ensemble, while enjoying the 'conversation' which is chamber music.

Prospective members should check with the leader about the appropriateness of the course for them.

Fridays 11 am – 12 30 pm Weekly

Horrie Watson Pavilion

F 41 Reviving Piano Skills

Leaders Anne Patten, Anna Hooi and Jenny Ryan

This is an ongoing group for members who have played the piano in the past and may have dropped it for a while or are current active players.

Members do not have to be competent players, although having a couple of competent players would help to buoy the group.

Sessions consist of members playing simple prepared solo pieces or duets and encouraging one another to revive their skills.

(3) Mondays 1 30 pm – 3pm

Term 4 dates – October 22, November 12, December 3

Green Room, Deepdene Uniting Church

F 42 Violin 1

Margaret Wu

Have you sometimes wished that you had learned the violin when you were younger or that you had continued with learning?

Here is a special opportunity to develop a new skill, with someone who gets a lot of pleasure from playing her violin.

Complete beginners are welcome.

Participants could bring their own violins.

Fridays 12 30 pm – 1 30 pm Weekly from November 16

Green Room, Deepdene Uniting Church

F 43 Violin 2

Margaret Wu

This is for participants who have some experience with the basics of violin playing. Players are expected to be able to read simple music notation and play in first position on the violin.

Fridays 11 15 am – 12 30 pm Weekly from November 16

Green Room, Deepdene Uniting Church



We are really fortunate to have such a wonderful team of tutors and leaders, willing to give their time and expertise to tutor in the *Full Year Courses* part of our program.

Please make sure you assist with setting-up and packing up when and where necessary.

Members are reminded that progress in acquiring skills requires regular attendance.

As a courtesy, please apologise ahead if you know you will miss a class.

PRACTICAL and CREATIVE ARTS

F 44 Watercolour

Pat Winnett

Gain an understanding of the essentials of watercolour, including washes, dry brush, glazing in layers and saturated colour.

On enrolment you will receive a short list of the materials you will need and some suggestions about where to buy them, if that is necessary. Costs for printed notes: \$5, in cash, to class monitor at first session of each term.

12 places only

Mondays 1 30 pm – 3 30 pm

Five Mondays of Term 4, starting October 22

Alston Halls, Deepdene Uniting Church

F 45 Watercolour – self-help class

Leader: Elaine Best

A semi-structured class where participants focus on a selected theme each week, identifying the special skills required and then encouraging one another as they work on the task. Class leader and some group members are experienced water colourists, happy to share knowledge and experience with other group members. Participants provide own materials.

No costs. 10 places only

Mondays 1 pm – 3 pm

First six Mondays of Term 4, starting October 15

Main Hall, Deepdene Uniting Church

F 46 Introduction to Drawing

Christine Leuner

This course is an introduction to a range of drawing techniques. The class is fun and challenging, with each student encouraged to develop their skills and personal style.

14 places only

Wednesdays 1 15 pm – 3 15 pm

First six Wednesday s of Term 4, starting October 17

Alston Halls, Deepdene Uniting Church

F 47 Painting and Drawing

Gary Faul

Join a class that is both relaxing and challenging and receive guidance in your artistic pursuit.

Work at your own pace in a stimulating atmosphere, with like-minded people.

14 places only

Fridays 9 30 am – 11 am Weekly

Alston Halls, Deepdene Uniting Church

F 48 Calligraphy – Continuing

Alison MacDonald

For those who have been attending Calligraphy classes for at least two years.

Tutor will provide all required materials and participants will cover the costs.

9 places only

Wednesdays 11 15 am – 12 45 pm

First six Wednesdays of Term 4, starting October 17

Alston Halls, Deepdene Uniting Church

F 49 Calligraphy – Intermediate

Alison MacDonald

For those who have been attending Calligraphy classes for at least three years. Tutor will provide all required materials and participants will cover the costs. 9 places only

Wednesdays 9 30 am – 11 am

First six Wednesdays Term 4 starting October 17

Alston Halls, Deepdene Uniting Church

F 50 Quilting

Jean Dunn

The quilting group is a self-help group. Members have a wide variety of skills and experience levels. New members are encouraged to join us, regardless of experience. Beginners are welcome.

Simple projects will give you a taste of what is involved and enable you to see if it is really for you.

Thursdays 1 45 pm – 3 15 pm Weekly

Alston Halls, Deepdene Uniting Church

For further Practical and Creative Arts classes, see Program Guide – Short Courses for each term

LANGUAGES

Language classes offered at U3A Deepdene are at the following levels:

Beginner, Introductory, Level 1, 2, 3, 4, 5, for Travellers and Conversation.

In all language classes, the emphasis is on speaking and listening, with essential grammar.

Classes frequently include some cultural background.

There **may** then be vacancies in some language classes for members or prospective members.

The MyU3A website will show the courses in which there is a Waiting List. Add your name to the Waiting List and you will be contacted if a place becomes available.

Members, or prospective members, interested to join these classes are invited to CONTACT the office and arrange to attend a session of the class which they believe may be appropriate. This is to check whether they have suitable language skills to join the existing group.

For most language classes, students are required to purchase a textbook. Information about the textbook will be provided at the first session.

Members are reminded that progress in acquiring foreign language skills requires regular attendance at classes.

F 51 French Beginners

Ellaine Downie and Julie Lancashire

This class is for absolute beginners, for members who have had **no** previous experience in learning French.

Mondays 9 30 am – 10 45 am Weekly

Please note time and length of sessions

Stradbroke Park Pavilion

F 52 French Introductory

Jenny Ryan

This class is for those who have undertaken some previous French studies – either at school or in an adult setting – but are looking for an introductory level course.

Thursdays 12 noon – 1 30 pm Weekly

Please note time of sessions

Stradbroke Park Pavilion

F 53 French 1

Ian Adams

This is a continuing class for members who were enrolled in French 1 in 2017.

Some places may be available for new participants.

Fridays 9 30 am – 11 am Weekly

Alston Halls, Deepdene Uniting Church

F 54 French 2

Ian Adams

This is a continuing class for members who were enrolled in French 2 in 2017. Some places may be available for new participants.

Thursdays 2 pm – 3 30 pm Weekly

Stradbroke Park Pavilion

F 55 Conversational French for Travellers

Sandra Masel

This class is designed for members who have undertaken or are undertaking some studies in French, such as senior secondary school study or more than 100 hours in an adult environment, and are keen to improve their conversational French.

This is a continuing class where new members are welcome if they meet the criteria.

Fridays 1 30 pm – 3 pm Weekly

Stradbroke Park Pavilion

F 56 French 3

Sandra Masel

This class is for members who have completed at least three levels of study in French or approximately 200 hours of tuition in an adult environment, or who studied French at higher secondary level or at university. New members who meet the criteria are welcome to join this class.

Fridays 11 15 am – 12 45 pm Weekly

Stradbroke Park Pavilion

F 57 French 4

Denise Bray

This is a continuing class for members who were enrolled in French 4 in 2017. Some places may be available for new participants.

Thursdays 2 pm – 3 30 pm Weekly

Stradbroke Park Pavilion

F 58 French 5A

Denise Bray

This is a continuing class for members who were enrolled in French 5A in 2017. Some places may be available for new participants.

Wednesdays 1 30 pm – 3 pm Weekly

Stradbroke Park Pavilion

F 59 French 5B

Denise Bray

This is a continuing class for members who were enrolled in French 5B in 2017. Some places may be available for new participants.

Mondays 1 30 pm – 3 pm Weekly

Stradbroke Park Pavilion

F 60 French Conversation

Michel Beuchat and others

This is a group for French speakers who have studied French for a number of years and can take part in a conversation, can read and understand articles on current issues, can prepare short talk to present to the class and can listen to and understand audio-visual material in French, such as songs or short video clips. Points of grammar and spelling are covered as they arise.

Participants are encouraged to choose topics according to their interests and experiences with the language.

French teachers and people who have worked or lived in French-speaking countries are most welcome.

Thursdays 10 am – 11 30 am Weekly

Stradbroke Park Pavilion



F 61 Italian from the Beginning

Neville Heffernan OAM

This is an oral/aural course involving listening, reading and speaking, suitable for beginners and those wishing to revise and consolidate previous experiences in the language.

Text: *Buongiorno Italia*, New Edition. Internet price is about \$23 from The Book Depository (post free). Prospective students are advised to buy the book – not the set of discs.

Tuesdays 11 45 am – 1 15 pm Weekly

Horrie Watson Pavilion

F 62 Mandarin Chinese Language & Culture 2

Margaret Wu

This class is for members who have undertaken some previous study of the language, equivalent to 150 hours instruction.

Fridays 9 30 am – 10 45 am Weekly from November 16

Stradbroke Park Pavilion

F 63 Mandarin Chinese Language & Culture 5

Martina Peng

This class is for members who have completed approximately 350 hours of tuition in an adult environment.

Fridays 9 30 am – 11 00 am Weekly

Stradbroke Park Pavilion

F 64 Russian 3

Margaret Travers

This class is for members who have completed approximately 300 hours of tuition in an adult environment or who have knowledge of the Russian alphabet and have basic Russian conversational skills.

Wednesdays 10 am – 11 30 am Weekly

Green Room, Deepdene Uniting Church

F 65 Spanish 2

Aurora Chighine

This class is for members who have completed at least 200 hours of tuition in an adult environment.

Fridays 1 30 pm – 3 pm

Alston Halls, Deepdene Uniting Church

F 66 Spanish 5

Anne Morrison

This class is for members who have completed at least 400 hours of tuition in an adult environment.

Mondays 10 30 am – 12 noon Weekly

Stradbroke Park Pavilion



HISTORY AND TRAVEL

F 67 Military History

Rob Ellis, with occasional visiting lecturers

This course discusses various aspects of military activity, from the pre-Christian era to the mid 20th century.

The paths usually followed are: the conditions leading up to an event, the organization, the causes of conflict, the course of events and the outcomes and consequences.

The weekly program for the term is provided at the beginning of each term.

Mondays 10 am – 12 noon Weekly

Alston Halls, Deepdene Uniting Church

F 68 Historic Melbourne Walks

Co-ordinator: Joan Taylor

These walks provide an opportunity to enjoy walking, with an historic focus, in parts of Melbourne, familiar and unfamiliar.

Some walks are led by specialist historians; others are led by members of the group with a special interest in a particular area of Melbourne.

The focus of each walk, the meeting place and other arrangements are emailed in the days preceding the walk.

All walks will be in areas accessible by public transport.

Tuesdays 10 am – 12 noon

F 68 – Historic Melbourne Walks

16 October	West Hawthorn	Graham O'Rourke
30 October	Ashburton	Jean Mapp
20 November	Hotham Hill	Anna Harley
4 December	St Kilda Road and the Shrine of Remembrance – Graeme Davison	

F 69 Travel

Co-ordinator: Pam O'Brien

Many of our members are keen and curious travellers, and their journeys take them all over the world.

Come and hear their stories, and perhaps share your own. The weekly program is provided, in the *Program Guide*, for each term.

Members enrolled in the class receive an email each week giving the focus for the upcoming presentation.

Fridays 11 30 am – 1 pm Weekly

Alston Halls, Deepdene Uniting Church

F 69 – Travel

Term 4

19 October	Carole Williams	Beautiful Andalucia Spain
26 October	Terry O'Callaghan	Back o' Bourke
2 November	Jon RitchieIn	Coral Seas: ships, islands, coral and people in PNG
9 November	Jan Dods	'Oh no we forgot Teddy!' Travelling with grandchildren in New Zealand
16 November	Jean Dunn	Around the World in 21 days
23 November	Alison & Keith Head	From Cairns to the Tip
30 November	Graham Pratt	USA National Parks: Jackson Hole, Yellowstone and Mt Rushmore
7 December	Various Celebrations and Festivities	

WINE AND FOOD

F 70 Wine Appreciation

Christine Georgiou & Jenny Cash

Would you like to learn more about wine styles and wine areas in Australia and around the world? Join a group to taste and study wines, led each time by a member of the group.

We are all amateurs!

Cost of the wines and cheese will be shared. It is anticipated that this will be approximately \$20 per session.

The group is restricted to 12 members. If the group is full when you enrol, please put your name on the waiting list. When there are casual vacancies for an individual session, you will be invited to join the group for that session.

Mondays 7 30 pm – 9 pm

Generally 3rd Monday of each month

Private homes – to be notified, each session, to those enrolled

F 71 'Dinner Out Together'

Co-ordinator: Rosemary Lade

Join with a group of members, to dine out together.

A *At Concierge*, Banool Road, Balwyn or other locations, agreed by the group

Wednesdays from 6 pm

1st Wednesday of each month, including during term vacations

B *At Box Hill RSL*, Nelson Street, Box Hill

Wednesdays from 6 30 pm

3rd Wednesday of each month, including during term vacations

AN INDEX OF 2018 FULL YEAR COURSES

Updated October 14 for Term 4

Day	Times		Title of Course	Tutor/Coordinator	Date/s
PHYSICAL EXERCISE COURSES					
Tuesdays	1:30 – 2:30	F 01	Chiball	Bhavna Patel & Joan Cooper	Weekly – Deepdene
Mondays	11:30 – 12:30	F 02	Tai Chi – Wu Style	Joseph Wong & Susie Wong	Weekly – Deepdene
Tuesdays	9:30 – 10:30	F 03	Chinese 8 Brocades (exercises for stretch & abs)	Joseph Wong & Susie Wong	Weekly – Deepdene
	12:30 – 1:30	F 04	Line Dancing	Suzie Wong	Various dates – Deepdene
Fridays	9:30 – 10:30	F 05	Yoga – Continuing	Bhavna Patel & Jan W B	Weekly – Deepdene
Thursdays	9:00 – 9:45	F 06	Gentle Walking Group	Joan Taylor	Weekly – Deepdene – meet at office
Mondays	9:00 – 10:00	F 07	Hearty Walkers – Monday Group	Margaret Callinan	Weekly – Victoria Park
Mondays	9:00 – 10:00	F 07 B	Energetic Walkers – Monday Group	Louise James & Barbara Burton	Weekly – Stradbroke Park Pavilion
Wednesdays	9:00 – 10:00	F 08	Hearty Walkers - Wednesday Group	Margaret Callinan	Weekly – Stradbroke Park Pavilion
Wednesdays	9:00 – 10:00	F 08 B	Energetic Walkers - Wednesday Group	Pam McDill	Weekly – Victoria Park
Mondays	12:00 – 1:00	F 09	Tennis Revival	Leona Haintz	TBA
Thursdays	1:30 - >	F 10	Social Tennis	Leona Haintz & Margaret Sh	Weekly - Greythorn Park
Fridays	1:30 – 3:00	F 11	Table Tennis	Marg Pont & Karyn Golumbeck	Weekly – Deepdene
PAID FOR PHYSICAL EXERCISE COURSES					In Term 4 all classes will have 8 sessions (some will run into the December vacation)
Thursdays	10:30 – 11:30	F 12	Zumba Gold – Beginner	Meredith Read	Weekly – Deepdene (\$40 per term)
Mondays	10:45 – 11:45	F 12 G	Zumba Gold – Beginner @ Greythorn	Meredith Read	Weekly - Greythorn (\$40 per term)
Thursdays	9:30 – 10:30	F 13	Zumba Gold	Meredith Read	Weekly – Deepdene (\$40 per term)
Fridays	11:15 – 12:15	F 14	Gentle Intro to Strength Training 1 (GIST 1)	Sue Haviland	Weekly – Deepdene (\$40 per term)
Tuesdays	3:00 – 4:00	F 15	Gentle Intro to Strength Training 2 (GIST 2)	Sue Haviland	Weekly Deepdene (\$40 per term)
Wednesdays	11:15 – 12:15	F 16	Strength Training and Balance 1 - Beginners	Sue Winkler	Weekly Deepdene (\$40 per term)
Wednesdays	10:00 – 11:00	F 16 M	Balance and Strength 2 – More Advanced	Sue Winkler	Weekly - Deepdene (\$40 per term)
Mondays	10:30 – 11:30	F 17	Active Movers	Sue McQuillen	Weekly – Deepdene (\$40 per term)
Mondays	11:45 – 12:45	F 18	Balance & Strength for Men	Jon North	Weekly – Stradbroke Park (\$70)
Thursdays	12:00 – 12:45	F 20	Gentle Water Exercise	Aymee Bush	Weekly - Hawthorn AC (\$60)

MENTAL EXERCISE COURSES					
Tuesdays	1:00 – 3:30	F 21	Social Bridge	Janis Lim & Gerry O'Reilly	Weekly - Horrie Watson
Mondays	9:45 – 11:45	F 22	Duplicate Bridge	Kay, Peter Bailey, Barry Atk	Weekly – Horrie Watson
Fridays	1:00 – 3:00	F 23	Mahjong	Peter Saalmans, Barbara Urq	Weekly – Deepdene
Fridays	10:00 – 12:00	F 24	Scrabble	Christine McLeod	Weekly - at the Concierge
Fridays	9:30 – 11:00	F 25	Cryptic Crosswords (Continuing)	Self Guided	Weekly – Deepdene

FULL YEAR COURSES – CONTINUED

EXTENDING YOUR THINKING					
Thursdays	10:00 – 11:30	F 26	Politics and Current Affairs	Denise Deerson & others	Weekly – Horrie Watson Pavilion
Mondays	11:00 – 12:00	F 26 G	Politics and Current Affairs @ Greythorn	Ilza Dulmanis and others	Weekly - Greythorn Community Hub
Tuesdays	10:00 – 11:30	F 27	Philosophy	Dawn Heffernan OAM	Weekly – Horrie Watson
Thursdays	9:50 – 11:30	F 28	Judaism for non-Jewish People	Dina Burgess	Weekly – Stradbroke Park

READING, WRITING, FILM GROUPS					
Thursdays	12:00 – 1:30	F 30	Reading Great Literature	Christine Watters	EVERY Week – Stradbroke Park
Mondays	1:30 – 3:00	F 33	Book Group	Anne Cocks	October 22 – Deepdene November 26 – Private home
Tuesdays	1:30 – 3:00	F 34	The “Whodunits”	Roz Berman	October 16, November 20 – Stradbroke Park
Thursdays	2:00 – 3:30	F 35	Book Group - Crime Fiction	Robert Lyons	November 1, December 6 – Deepdene
Tuesdays	1:15 – 2:45	F 36	Book Lovers Club	Anna Harley & Kay Withell	November 13 – Stradbroke Park
Mondays	TBA	F 37	Film Group	Kathy Wilton	October 15, November 19 – TBA

MUSIC COURSES					
Fridays	9:30 – 11:00	F 39	Recorder Group – Intermediate	Nola Fletcher	Weekly - Horrie Watson
Fridays	11:00 – 12:30	F 40	Recorder Group (Advanced)	Kathy Conlon	Weekly - Horrie Watson
Mondays	1:30 – 3:00	F 41	Reviving Piano Skills	Anne Patten & Jenny Ryan	Oct 22, November 12, December 3
Fridays	12:30 – 1:30	F 42	Violin 1	Margaret Wu	Weekly from Nov 16- Deepdene
Fridays	11:15 – 12:30	F 43	Violin 2	Margaret Wu	Weekly from Nov 16 - Deepdene

PRACTICAL ART COURSES					ALL Classes at DEEPEDENE
Mondays	1:30 – 3:30	F 44	Watercolour	Pat Winnett	5 Mondays starting October 22
Mondays	1:00 – 3:00	F 45	Watercolour – self help	Elaine Best	6 Mondays starting October 15
Wednesdays	1:15 – 3:15	F 46	Introduction to Drawing	Christine Leuner	6 Wednesdays starting October 17
Fridays	9:30 – 11:00	F 47	Painting and Drawing	Gary Faul	Weekly
Wednesdays	11:15 – 12:45	F 48	Calligraphy – Continuing	Alison MacDonald	6 Wednesdays starting October 17
Wednesdays	9:30 – 11:00	F 49	Calligraphy – Intermediate	Alison MacDonald	6 Wednesdays starting October 17
Thursdays	1:45 – 3:15	F 50	Quilting	Jean Dunn	Weekly

LANGUAGE COURSES					
Mondays	9:30 – 10:45	F 51	French Beginners	Elaine Downie, Julie Lancashire	Weekly – Stradbroke Park
Thursdays	12:00 – 1:30	F 52	French Introductory	Jenny Ryan	Weekly – Stradbroke Park
Fridays	9:30 – 11:00	F 53	French 1	Ian Adams	Weekly – Deepdene
Thursdays	2:00 – 3:30	F 54	French 2	Ian Adams	Weekly – Stradbroke Park
Fridays	1:30 – 3:00	F 55	Conversational French for Travellers	Sandra Masel	Weekly – Stradbroke Park
Fridays	11:15 – 12:45	F 56	French 3	Sandra Masel	Weekly – Stradbroke Park
Thursdays	2:00 – 3:30	F 57	French 4	Denise Bray	Weekly – Stradbroke Park
Wednesdays	1:30 – 3:00	F 58	French 5A	Denise Bray	Weekly – Stradbroke Park
Mondays	1:30 – 3:00	F 59	French 5B	Denise Bray	Weekly – Stradbroke Park
Thursdays	10:00 – 11:30	F 60	French Conversation	Michel Beuchat & others	Weekly – Stradbroke Park
Tuesdays	11:45 – 1:15	F 61	Italian from the Beginning	Neville Heffernan	Weekly – Horrie Watson
Fridays	9:30 – 10:45	F 62	Chinese Language & Culture 2	Margaret Wu	Weekly from Nov 16 – Stradbroke Park
Fridays	9:30 – 11:00	F 63	Chinese Language & Culture 5	Martina Peng	Weekly – Stradbroke Park
Wednesdays	10:00 – 11:30	F 64	Russian 3	Margaret Travers	Weekly – Deepdene
Fridays	1:30 – 3:00	F 65	Spanish 2	Aurora Chighine	Weekly – Deepdene
Mondays	10:30 – 12:00	F 66	Spanish 5	Anne Morrison	Weekly – Stradbroke Park Pavilion

FULL YEAR COURSES – CONTINUED

HISTORY & TRAVEL					
Mondays	10:00 – 12:00	F 67	Military History	Rob Ellis & others	Weekly – Deepdene
Tuesdays	10:00 – 12:00	F 68	Historic Walks	Joan Taylor & others	October 16, 30, November 20, Dec 4
Fridays	11:30 – 1:00	F 69	Travel (various)	Pam O'Brien & others	Weekly – Deepdene

FOOD & WINE					
Mondays	7:30 – 9:00	F 70	Wine Appreciation	Christine G & Jenny C	3 rd Monday of month – TBA
Wednesdays	6:00 - >	F 71 A	Dinner Out Together (Concierge)	Rosemary Lade	1 st Wednesday in the month
Wednesdays	6:30 - >	F 71 B	Dinner Out Together (BoxHill RSL)	Rosemary Lade	3 rd Wednesday in the month

CONTACT INFORMATION:



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