



**DEEPDENE**  
UNIVERSITY OF THE THIRD AGE

ABN: 12 241 330 302

[www.u3adeepdene.org.au](http://www.u3adeepdene.org.au)

## FULL YEAR COURSES 2019

Please note there are no classes on March 11

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

### 2019 term dates:

- **TERM 1** February 4 – April 5
- **TERM 2** April 29 – June 28
- **TERM 3** July 22 – September 20
- **TERM 4** October 14 – December 6

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 the beginning of the year, not many Full Year classes have Waiting Lists. However, if there is, we encourage you to add your name to the Waiting List as vacancies do sometimes occur.

Occasionally, where there is a need, we are able to find additional tutors and form an extra class

### We thank our supporters:



**Deepdene**



# AN INDEX OF 2019 FULL YEAR COURSES

| Day                                       | Times         |      | Title of Course                                  | Tutor/Coordinator             | Date/s  |
|---|---------------|------|--|-------------------------------|---|
| <b>PHYSICAL EXERCISE COURSES</b>          |               |      |  |                               |   |
| 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   |
| Wednesdays                                | 12:30 – 1:30  | F 04 | Line Dancing                                     | Suzie Wong                    | Weekly – 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                                   | 8:30 – 9:30   | F 08 | Energetic Walkers – Monday Group                 | Louise James & Barbara Burton | Weekly – Stradbroke Park Pavilion   |
| Wednesdays                                | 9:00 – 10:00  | F 09 | Hearty Walkers - Wednesday Group                 | Margaret Callinan             | Weekly – Stradbroke Park Pavilion   |
| Wednesdays                                | 9:00 – 10:00  | F 10 | Energetic Walkers - Wednesday Group              | Pam McDill                    | Weekly – Victoria Park  |
| Thursdays                                 | 1:30 - >      | F 11 | Social Tennis                                    | Leona Haintz & Margaret Sh    | Weekly - Greythorn Park   |
| Fridays                                   | 1:30 – 3:00   | F 12 | Table Tennis                                     | Marg Pont & Karyn Golumbeck   | Weekly – Deepdene   |
| <b>PAID FOR PHYSICAL EXERCISE COURSES</b> |               |      |  |                               | <b>In Term 1, 2019 all classes will have 9 sessions (some will run into the April vacation)</b> |
| Mondays                                   | 10:45 – 11:45 | F 13 | Zumba Gold – Beginner @ Greythorn                | Meredith Read                 | Weekly - Greythorn (\$40 per term)  |
| Thursdays                                 | 10:30 – 11:30 | F 14 | Zumba Gold – Beginner                            | Meredith Read                 | Weekly – Deepdene (\$40 per term)   |
| Thursdays                                 | 9:30 – 10:30  | F 15 | Zumba Gold                                       | Meredith Read                 | Weekly – Deepdene (\$40 per term)   |
| Fridays                                   | 11:15 – 12:15 | F 16 | Gentle Intro to Strength Training 1 (GIST 1)     | Sue Haviland                  | Weekly – Deepdene (\$40 per term)   |
| Tuesdays                                  | 3:00 – 4:00   | F 17 | Gentle Intro to Strength Training 2 (GIST 2)     | Sue Haviland                  | Weekly Deepdene (\$40 per term)   |
| Wednesdays                                | 11:15 – 12:15 | F 18 | Strength Training and Balance 1 - Beginners      | Sue Winkler                   | Weekly Deepdene (\$40 per term)   |
| Wednesdays                                | 10:00 – 11:00 | F 19 | Balance and Strength 2 – More Advanced           | Sue Winkler                   | Weekly - Deepdene (\$40 per term)   |
| Mondays                                   | 10:30 – 11:30 | F 20 | Active Movers                                    | Sue McQuillen                 | Weekly – Deepdene (\$40 per term)   |
| Mondays                                   | 11:45 – 12:45 | F 21 | Balance & Strength for Men                       | Jon North                     | Weekly – Stradbroke Park (\$60)   |
| <b>MENTAL EXERCISE COURSES</b>            |               |      |  |                               |   |
| Mondays                                   | 9:45 – 11:45  | F 22 | Duplicate Bridge                                 | Kay, Peter Bailey             | Weekly – Horrie Watson  |
| Fridays                                   | 1:00 – 3:00   | F 23 | Mahjong  | Barbara Urquart               | 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   |

| <b>EXTENDING YOUR THINKING</b> |               |       |  |                         |                                  |
|--------------------------------|---------------|-------|--|-------------------------|----------------------------------|
| Mondays                        | 11:00 – 12:00 | F 26  | Current Affairs and politics @ Greythorn | Ilza Dulmanis & others  | Weekly - Greythorn Community Hub |
| Thursdays                      | 10:00 – 11:30 | F 27  | Politics and Current Affairs             | Denise Deerson & others | Weekly – Horrie Watson Pavilion  |
| Thursdays                      | 9:45 – 11:45  | F 28  | Judaism for non-Jewish People            | Dina Burgess            | Weekly – Stradbroke Park         |
| Fridays                        | 11:30 – 1:00  | F 28B | Philosophy discussions                   | Tony Blaubaum & others  | Weekly – Stradbroke Park         |

| <b>READING, WRITING, FILM GROUPS</b> |              |      |                            |                            |  |
|--------------------------------------|--------------|------|----------------------------|----------------------------|--|
| Thursdays                            | 12:00 – 1:30 | F 29 | Reading Great Literature   | Christine Watters          | EVERY Week – Stradbroke Park               |
| Mondays                              | 1:30 – 3:00  | F 30 | Book Group                 | Anne Cocks                 | February 25, March 25 – Deepdene           |
| Tuesdays                             | 1:30 – 3:00  | F 31 | The “Whodunits”            | Roz Berman                 | February 19, March 19 – Stradbroke         |
| Thursdays                            | 2:00 – 3:30  | F 32 | Book Group - Crime Fiction | Robert Lyons               | February 7, March 7 – Deepdene             |
| Tuesdays                             | 1:15 – 2:45  | F 33 | Book Lovers Club           | Anna Harley & Kay Withell  | February 12, March 12– Stradbroke          |
| Mondays                              | TBA          | F 34 | Film Group                 | Kathy Wilton, Jan Tuckwell | 3 <sup>rd</sup> Monday of each month – TBA |

## FULL YEAR COURSES – CONTINUED

| <b>MUSIC COURSES</b> |               |      |                               |                          |                               |
|----------------------|---------------|------|-------------------------------|--------------------------|-------------------------------|
| Fridays              | 9:30 – 11:00  | F 35 | Recorder Group – Intermediate | Nola Fletcher            | Weekly - Horrie Watson        |
| Fridays              | 11:00 – 12:30 | F 36 | Recorder Group (Advanced)     | Kathy Conlon             | Weekly - Horrie Watson        |
| Mondays              | 1:30 – 3:00   | F 37 | Reviving Piano Skills         | Anne Patten & Jenny Ryan | February 11, March 4, April 1 |
| Fridays              | 12:30 – 1:30  | F 38 | Violin Beginners              | Margaret Wu              | Weekly – Deepdene             |
| Fridays              | 1:30 – 2:30   | F 39 | Violin 1                      | Margaret Wu              | Weekly – Deepdene             |
| Fridays              | 11:15 – 12:30 | F 40 | Violin 2                      | Margaret Wu              | Weekly – Deepdene             |

| <b>PRACTICAL ART COURSES</b> |               |      |                            |                  | <b>ALL Classes at DEEPDENE</b>   |
|------------------------------|---------------|------|----------------------------|------------------|----------------------------------|
| Mondays                      | 1:30 – 3:30   | F 41 | Watercolour                | Pat Winnett      | First five Mondays of the term   |
| Mondays                      | 1:00 – 3:00   | F 42 | Watercolour – self help    | Elaine Best      | First six Mondays of the term    |
| Wednesdays                   | 1:15 – 3:15   | F 43 | Introduction to Drawing    | Christine Leuner | First six Wednesdays of the term |
| Fridays                      | 9:30 – 11:00  | F 44 | Painting and Drawing       | Gary Faul        | Weekly                           |
| Wednesdays                   | 11:15 – 12:45 | F 45 | Calligraphy – Beginners    | Alison MacDonald | First six Wednesdays of the term |
| Wednesdays                   | 9:30 – 11:00  | F 46 | Calligraphy – Intermediate | Alison MacDonald | First six Wednesdays of the term |
| Thursdays                    | 1:45 – 3:15   | F 47 | Quilting                   | Jean Dunn        | Weekly                           |

| <b>LANGUAGE COURSES</b> |               |      |                                      |                                     |                          |
|-------------------------|---------------|------|--------------------------------------|-------------------------------------|--------------------------|
| Fridays                 | 1:30 – 3:00   | F 48 | French Beginners                     | Jenny Ryan                          | Weekly – Stradbroke Park |
| Mondays                 | 9:30 – 11:00  | F 49 | French 1                             | Ellaine Downie,<br>Julie Lancashire | Weekly – Stradbroke Park |
| Thursdays               | 12:00 – 1:30  | F 50 | French 2                             | Jenny Ryan                          | Weekly – Stradbroke Park |
| Fridays                 | 9:30 – 11:00  | F 51 | French 3                             | Ian Adams                           | Weekly – Deepdene        |
| Thursdays               | 2:00 – 3:30   | F 52 | French 4                             | Ian Adams                           | Weekly – Stradbroke Park |
| Fridays                 | 1:30 – 3:00   | F 53 | Conversational French for Travellers | Sandra Masel                        | Weekly – Stradbroke Park |
| Fridays                 | 11:15 – 12:45 | F 54 | French 5                             | Sandra Masel                        | Weekly – Stradbroke Park |
| Thursdays               | 2:00 – 3:30   | F 55 | French 6                             | Denise Bray                         | Weekly – Stradbroke Park |
| Wednesdays              | 1:30 – 3:00   | F 56 | French 7A                            | Denise Bray                         | Weekly – Stradbroke Park |
| Mondays                 | 1:30 – 3:00   | F 57 | French 7B                            | Denise Bray                         | Weekly – Stradbroke Park |
| Thursdays               | 10:00 – 11:30 | F 58 | French Conversation – Advanced       | Michel Beuchet & others             | Weekly – Stradbroke Park |
| Tuesdays                | 10:30 – 12:00 | F 59 | Italian continuing                   | Neville Heffernan                   | Weekly – Horrie Watson   |
| Fridays                 | 9:30 – 10:45  | F 60 | Chinese Language & Culture 3         | Margaret Wu                         | Weekly – Stradbroke Park |
| Fridays                 | 9:30 – 11:00  | F 61 | Chinese Language & Culture 6         | Martina Peng                        | Weekly – Stradbroke Park |
| Fridays                 | 1:30 – 3:00   | F 62 | Spanish 3                            | Aurora Chighine                     | Weekly – Deepdene        |
| Mondays                 | 10:30 – 12:00 | F 63 | Spanish 6                            | Anne Morrison                       | Weekly – Stradbroke Park |

| <b>HISTORY &amp; TRAVEL</b> |               |      |                  |                      |                                    |
|-----------------------------|---------------|------|------------------|----------------------|------------------------------------|
| Mondays                     | 10:00 – 12:00 | F 64 | Military History | Rob Ellis & others   | Weekly – Deepdene                  |
| Tuesdays                    | 10:00 – 12:00 | F 65 | Historic Walks   | Joan Taylor & others | February 12, 26, March 19, April 2 |
| Fridays                     | 11:30 – 1:00  | F 66 | Travel (various) | Pam O'Brien & others | Weekly – Deepdene                  |

| <b>FOOD &amp; WINE</b> |             |      |                                   |                       |  |
|------------------------|-------------|------|-----------------------------------|-----------------------|--|
| Mondays                | 7:30 – 9:00 | F 67 | Wine Appreciation                 | Christine G & Jenny C | 3 <sup>rd</sup> Monday of month – TBA  |
| Wednesdays             | 6:30 - >    | F 68 | Dinner Out Together (BoxHill RSL) | Rosemary Lade         | 3 <sup>rd</sup> Wednesday in the month |
|                        |             |      |                                   |                       |  |

## 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 12 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 20 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 & abs***

*Joseph Wong*

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 Weekly

*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. Please meet at the Deepdene Office each time.

Thursdays 9 am – 9 45 am Weekly

*Deepdene, Linear Park – meet at the office*

**Hearty Walkers & Energetic Walkers**

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 may only 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 08 Energetic Walkers – Mondays**

*Coordinator – Louise James and Barbara Burton*

Mondays 8 30 am – 9 30 am (in Term 1) Weekly

*Starting point: Stradbroke Park*

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**F 09 Hearty Walkers – Wednesdays**

*Coordinator – Margaret Callinan*

Wednesdays 9 am – 10 am Weekly

*Starting point: Stradbroke Park*

**F 10 Energetic Walkers – Wednesdays**

*Coordinator – Pam McDill*

Wednesdays 9 am – 10 am Weekly

*Starting point: Victoria Park*

*\*\*this arrangement from February onwards*

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### **F 11 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 12 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*

### **See Short Course**

#### **S 77 Chinese folk dancing NEW**

*HuHu and Chen Weili*

These classes will introduce you to the traditional graceful movements of simple Chinese folk dancing, suitable for an older age group.

(9) Tuesdays 1 pm – 2 pm

No cost

*Greythorn Community Hub*

**Note: F 13 – F 21 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 13 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 14 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 15 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 16 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 17 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 18 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 19 – 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 20 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 21 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: \$60 per term, paid in advance

Mondays 11 45 am – 12 45 pm Weekly

*Stradbroke Park Pavilion*

### **See Short Course**

#### **S 78 Classical ballet** **NEW**

*Kalman Warhaft,*

*Principal Melbourne Institute of Dancing*

These classes are designed for older people, both those who have never danced before and those who danced when they were younger.

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

(9) Thursdays 2 30 pm – 3 30 pm *Main Hall, Deepdene Uniting Church*

## **EXERCISE – MENTAL**

### **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-ordinator: 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 cross-words for a challenging morning. Participants will share their expertise. A small contribution for photocopying each term

Fridays 9 30 am – 11 am Weekly

*Alston Halls, Deepdene Uniting Church*



# EXTENDING YOUR THINKING

## **F 26** *Current Affairs and Politics*

*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 the previous week's editorials and/or comment pages from a daily publication such as *The Age*.

Mondays 11 am - 12 noon Weekly

*Greythorn Community Hub*

## **F 27** *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. Three topics will be researched/led by volunteers and discussed each week. Member discussion will be encouraged.

Thursdays 10 am - 11 30 am Weekly

*Usually at Horrie Watson Pavilion*

## **F 28** *Judaism and the Jewish People*

*Dina Burgess*

The course in 2019 will focus on Jewish history, from Abraham to the present, providing an insight into Judaism and the Jewish People over a span of nearly 4000 years. Beginning with early monotheism, we will explore Jewish life in Israel and the Diaspora, from Biblical and post-Biblical Israel to Spain, the Middle East and Europe, including anti-Semitism, the Holocaust, and the modern state of Israel. Jewish festivals will be noted as they occur during the year.

Sessions will be interactive, using rabbinic commentaries and writings of Jewish historians and philosophers to encourage questioning and discussion.

Suitable for both new and continuing participants.

Thursdays 9.45 am to 11.45 am Weekly

*Stradbroke Park Pavilion*

## **F 28B** *Philosophy Discussions*

*Facilitator - Tony Blaubaum*

Each week we plan to view an on line philosophical presentation, including some of Professor Michael Sandel's Harvard University Justice lectures, and then have a group discussion.

Professor Sandel's lectures form part of a very popular first year philosophy class, and were the first Harvard University course offered free on line.

With input from the group, we will also choose other on line resources to view and discuss.

Fridays 11.30 pm to 1.00 pm Weekly

*Stradbroke Park Pavilion - Room 2*

# WRITING, READING & FILM

## **F 29 Reading Great Literature**

*Christine Watters*

In class we read and discuss a selection of literary works from the last 3000 years. We will start 2019 with an Ibsen play, a study of Proust, and then return to the ancient Greeks.

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

Thursdays 12 noon – 1 30 pm Weekly

*Stradbroke Park Pavilion*

## **F 30 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

4<sup>th</sup> Monday in the month

*Alston Halls, Deepdene Uniting Church*

## **F 31 '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

3<sup>rd</sup> Tuesday in month

*Stradbroke Park Pavilion*

## **F 32 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

1<sup>st</sup> Thursday in month

*Alston Halls, Deepdene Uniting Church*

## **F 33 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

2<sup>nd</sup> Tuesday of month

*Stradbroke Park Pavilion*

## **F 34 Film Group 1 – Monday Film Group**

*Leaders: Kathy Wilton & Jan Tuckwell*

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

3<sup>rd</sup> Monday of month

*Local Cinemas*

# MUSIC COURSES

## **F 35 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 36 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 37 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 1 dates – February 11, March 4, April 1

*Green Room, Deepdene Uniting Church*



**F 38 Violin for beginners**

*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.

This class is for people with no prior experience in music.

Fridays 12 30 pm – 1 30 pm Weekly

*Green Room, Deepdene Uniting Church*

**F 39 Violin 1**

*Margaret Wu*

This class is for people who have done the beginners' class, and have learnt some simple tunes on the violin. Players are expected to be able to read simple music notation and play in first position on the violin.

Fridays 1 30 pm – 2 30 pm Weekly

*Green Room, Deepdene Uniting Church*

**F 40 Violin 2**

*Margaret Wu*

This class is for people who have done Violin I. The standard is around AMEB grade 1 level.

Fridays 11 15 am – 12 30 pm

*Green Room, Deepdene Uniting Church*

## PRACTICAL and CREATIVE ARTS

**F 41 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

First five Mondays of Term 1

*Alston Halls, Deepdene Uniting Church*

**F 42 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 1

*Main Hall, Deepdene Uniting Church*

**F 43 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 Wednesdays of Term 1

*Alston Halls, Deepdene Uniting Church*

**F 44 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 45 Calligraphy – Beginners**

*Alison MacDonald*

For those who wish to learn Calligraphy. Regular attendance is required to acquire skill.

The 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 1

*Alston Halls, Deepdene Uniting Church*

**F 46 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 1

*Alston Halls, Deepdene Uniting Church*

**F 47 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*

# LANGUAGES

Language classes offered at U3A Deepdene are at various levels:

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

Classes frequently include some cultural background.

When enrolments go online, previous regular attendees have priority booking for a couple of days.

There **may** then be vacancies in some language classes for new participants. 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 check whether they have suitable language skills to join one of the existing groups.

For many of the language classes, students are required to purchase a textbook. Information about the textbook will be provided at the first session. In most classes, the tutors arrange photocopied materials. You will be asked for a contribution to cover the cost of this.

**Members are reminded that we are extremely lucky to have our amazing volunteer tutors and that progress in acquiring foreign language skills requires regular attendance at classes.**

Please note the classes have been re-numbered this year and the numbers used are mainly for administrative purposes

## **F 48 French Beginners**

*Jenny Ryan*

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

Fridays 1 30 – 3:00 Weekly

*Stradbroke Park Pavilion*

## **F 49 French 1**

*Ellaine Downie & Julie Lancashire*

This class is for members who were enrolled in French Beginners in 2018 or have completed the equivalent of 35 hours of introductory French. Some places may be available for new participants.

Mondays 9:30 – 11:00 Weekly

*Stradbroke Park Pavilion*

## **F 50 French 2**

*Jenny Ryan*

This is a continuing class for members who were enrolled in French Introductory in 2018.

Some places may be available for new participants, in this fast paced class.

Thursdays 12 noon – 1 30 Weekly

*Stradbroke Park Pavilion*

## **F 51 French 3**

*Ian Adams*

This is a continuing class for members who were enrolled in French 1 in 2018. Some places may be available for new participants.

Fridays 9 30 – 11:00 Weekly

*Alston Halls, Deepdene Uniting Church*

**F 52 French 4**

*Ian Adams*

This is a continuing class for members who were enrolled in French 2 in 2018. Some places may be available for new participants.

Thursdays 2 pm – 3 30 pm Weekly

*Stradbroke Park Pavilion*

**F 53 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 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 54 French 5**

*Sandra Masel*

This is a continuing class for members who were enrolled in French 3 in 2018. The class is for members who have completed at least three levels of study in French or approximately 300 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 55 French 6**

*Denise Bray*

This is a continuing class for members who were enrolled in French 4 in 2018. Some places may be available for new participants.

Thursdays 2 pm – 3 30 pm Weekly

*Stradbroke Park Pavilion*

**F 56 French 7A**

*Denise Bray*

This is a continuing class for members who were enrolled in French 5A in 2018. Some places may be available for new participants.

Wednesdays 1 30 pm – 3 pm Weekly

*Stradbroke Park Pavilion*

**F 57 French 7B**

*Denise Bray*

This is a continuing class for members who were enrolled in French 5B in 2018. Some places may be available for new participants.

Mondays 1 30 pm – 3 pm Weekly

*Stradbroke Park Pavilion*

**F 58 French Conversation – Advanced**

*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 59 Italian – Continuing**

*Neville Heffernan OAM*

An oral/aural course involving listening, speaking and reading.

Suitable for continuing 2018 students and anyone who has studied a little Italian in the past.

Tuesdays 10 30 am – 12 00 noon Weekly

*Horrie Watson Pavilion*

**F 60 Mandarin Chinese Language & Culture 3**

*Margaret Wu*

This class is for members who have undertaken some previous study of the language, equivalent to 200 hours instruction.

Fridays 9 30 am – 10 45 am

*Stradbroke Park Pavilion*

**F 61 Mandarin Chinese Language & Culture 6**

*Martina Peng*

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

Fridays 9 30 am – 11 00 am Weekly

*Stradbroke Park Pavilion*

**F 62 Spanish 3**

*Aurora Chighine*

This class is for members who have completed at least 300 hours of tuition in an adult environment.

Fridays 1 30 pm – 3 pm

*Alston Halls, Deepdene Uniting Church*

**F 63 Spanish 6**

*Anne Morrison*

This class is for members who have completed at least 450 hours of tuition in an adult environment.

Mondays 10 30 am – 12 noon Weekly

*Stradbroke Park Pavilion*

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.

# HISTORY AND TRAVEL

## **F 64 Military History**

*Rob Ellis, Richard O'Brien and others*

This course discusses various aspects of military activity, from the pre-Christian era to the mid 20<sup>th</sup> 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 65 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 65 – Historic Melbourne Walks**

#### **February 12**

St Kilda Road and the Shrine of Remembrance Graeme Davison

#### **February 26**

Murrumbeena (Merrick Boyd territory) Des Roman

#### **March 19**

Kensington Anna Harley

#### **April 2**

Mont Albert and Surrey Hills tba

## **F 66 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 66 – Travel                    Term 1, 2019**

**February 8**     Beth Perrigo

A brief adventure in South America – the highlight being Easter Island

**February 15**    Janie Gibson

Western Australia: in search of wildflowers but we saw much more

**February 22**    John Cavedon

From Sweden to Poland

**March 1**            Margaret Phillips

Scenic small Swiss towns

**March 8**            Jan Dods

Slovenia and Croatia: European culture without the crowds

**March 15**        Mary Butterworth

A North and South experience of India

**March 22**        Beth Perrigo

Going bush in Outback Australia (including a flight over Lake Eyre)

**March 29**        Jan Dods

The Dalmation Coast and West Balkans

**April 5**            Jon Ritchie

In Coral Seas: ships, islands, coral and people in PNG

# WINE AND FOOD

## **F 67 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 3<sup>rd</sup> Monday of each month

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

## **F 68 'Dinner Out Together'**

*Co-ordinator: Rosemary Lade*

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

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

Wednesdays from 6 30 pm

3<sup>rd</sup> Wednesday of each month



# OUR VENUES

*We are very fortunate to have the use of the following venues again in 2019.*

*On our website, there is a section VENUES. There you will find Melways references and clear maps.*

- ◆ **Alston Halls, Deepdene Uniting Church**, 958 Burke Road, Deepdene, 3103

109 (Box Hill) and 72 (Camberwell) trams; 548 (Ivanhoe) bus. Car park (entrance from Dale Street, off Whitehorse Road) with limited parking; street parking.

- ◆ **Stradbroke Park Pavilion**, Corner Harp Road and Burke Road, Balwyn, 3103

48 (North Balwyn) tram – 10 minute walk; 302 (Box Hill), 304 (Doncaster SC) and 548 (Ivanhoe) buses. Ample off street car parking; entrance from Burke Road plus parking in Burke Road.

- ◆ **Horrie Watson Pavilion, Deepdene Park**, Whitehorse Road, Balwyn, 3103, between Walsh Street and Parkside Avenue

109 (Box Hill) tram. Off street car parking plus street parking in Walsh Street and Parkside Avenue.

- ◆ **Greythorn Community Hub**, 2 Centre Way, Balwyn North, 3104 near the corner with Trentwood Avenue

207 (Doncaster SC) bus. Some onsite underground car parking plus plenty of street parking.

- ◆ **The Concierge**, 45 Banool Road, Balwyn, 3103

109 (Box Hill) tram – 5 minute walk towards the North. Street parking.



## Important information about ENROLMENTS in:



News & Views  
Short Courses  
Technology Courses  
Visits & Outings  
Full Year Courses

**Enrolments for all sections of our Program must be done online.**

The complete Term 1, 2019 Program will be online from 10 am Monday 3 December.  
**BEFORE you can enrol in classes, you will need to have paid for a 2019 Membership.**

If you do not have an email account you will need to phone or come in to the office at Alston Halls, Deepdene Uniting Church and we will assist you to enrol in your choices for Term 1, 2019.

The Office will be open during the vacation:

**Monday 10 December – Wednesday 12 December**

**&**

**from Tuesday 29 January – Friday 1 February**

**(10 am – 12 pm)**

**when help will be available for enrolments**

**If you are coming to the office for help, please bring  
a list of the courses in which you wish to enrol, in NUMERIC order**

**If you do have an email account, enrol by logging in to MyU3A, via**

**[www.u3adeepdene.org.au](http://www.u3adeepdene.org.au)**

From the U3A Deepdene homepage, click on 'CURRENT TERM/COURSES'.

On the right-hand side of the 'COURSES' page you will see a link to 'MyU3A Member Access'. This will take you to MyU3A and you can use your ID and Password, to access On Line Member Services. A link is there to use if you have forgotten your password.

If you need help, come in when the office is open or send an email (anytime) to

[u3adeepdeneinc@gmail.com](mailto:u3adeepdeneinc@gmail.com) and someone will assist!

### 2019 TERM DATES:

|               |                                       |
|---------------|---------------------------------------|
| <b>Term 1</b> | Monday 4 February – Friday 5 April    |
| <b>Term 2</b> | Monday 29 April – Friday 28 June      |
| <b>Term 3</b> | Monday 22 July – Friday 20 September  |
| <b>Term 4</b> | Monday 14 October – Friday 6 December |



**DEEPDENE**  
UNIVERSITY OF THE THIRD AGE

**Printing courtesy of Hon Josh Frydenberg MP,  
Federal Member for Kooyong**