



**DEEPDENE**  
UNIVERSITY OF THE THIRD AGE

ABN: 12 241 330 302

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

## FULL YEAR COURSES 2020

Overall coordinator – Lois Heycox

2020 term dates:

- TERM 2 20 April – 19 June
- TERM 3 20 July – 18 September
- TERM 4 12 October – 11 December

See the ***TERM 2 2020 PROGRAM GUIDE***  
for another 150+ exciting presentations!

For activities or classes which have a different program each term (Historic Melbourne Walks, Travel etc), 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/s, where specified.

We thank our supporters:



Deepdene



Proudly supported by  
Kew East  
Community Bank® Branch



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

## AN INDEX OF 2020 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	9:45 – 10:45	F 03	Chinese 8 Brocades (exercise for stretch etc)	Joseph Wong & Susie Wong	Weekly – Deepdene
Wednesdays	12:30 – 1:30	F 04	Line Dancing A	Suzie Wong	Weekly – Deepdene
Wednesdays	1:30 – 2:30	F 05	Line Dancing B	Suzie Wong	Weekly – Deepdene
Fridays	9:30 – 10:30	F 06	Yoga – Continuing	Bhavna Patel & Jan W B	Weekly – Deepdene
Fridays	10:45 – 11:45	F 06B	Yoga – Continuing B	Bhavna Patel & Jan W B	Weekly – Deepdene
Mondays	1:00 – 2:00	F 06M	Yoga – Extra – <b>NEW</b>	Mahes Karuppiyah-Quillen	Weekly – Deepdene
Mondays	9:00 – 10:00	F 07	Hearty Walkers – Monday Group	Wendy Stewart	Weekly – Victoria Park
Mondays	9:00 – 10:00	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	Wendy Stewart	Weekly – Stradbroke Park Pavilion
Wednesdays	8:30 – 9:30	F 10	Energetic Walkers - Wednesday Group	Pam McDill	Weekly – Victoria Park (Kew CC)
Thursdays	9:00 – 10:00	F 11	Hearty Walkers in Balwyn – Thursdays	Elizabeth Ety-Leal	Weekly – Balwyn Park Centre
Fridays	8:30 – 9:30	F 12	Energetic Walkers – Friday Group	Michelle Trevorrow	Weekly – White Avenue, Kew.
Thursdays	1:30 - >	F 13	Social Tennis	Leona Haintz & Margaret Sh	Weekly - Greythorn Park
Mondays	11:30 – 12:15	F 14	Tennis Revival	Leona Haintz	Weekly – Greythorn Park
Fridays	12:30 – 2:00	F 15 A	Table Tennis <b>A</b>	Marg Pont	Weekly – Deepdene
Fridays	2:00 – 3:30	F 15B	Table Tennis <b>B</b>	Karyn Golumbeck	Weekly – Deepdene

### PAID FOR PHYSICAL EXERCISE COURSES

**In Term 2, all classes will have  
8 sessions**

Mondays	10:45 – 11:45	F 16	Zumba Gold – Beginner @ Greythorn	Meredith Read	Weekly - Greythorn (\$40 per term)
Thursdays	10:30 – 11:30	F 17	Zumba Gold @ 10:30	Meredith Read	Weekly – Deepdene (\$40 per term)
Thursdays	9:30 – 10:30	F 18	Zumba Gold @ 9:30	Meredith Read	Weekly – Deepdene (\$40 per term)
Thursdays	2:15 – 3:15	F 19	Classical Ballet	Kalman Warhaft	Weekly – Deepdene (\$40 per term)
Fridays	11:00 – 12:00	F 20	Gentle Intro to Strength Training 1 (GIST 1)	Sue Haviland	Weekly – Deepdene (\$40 per term)
Tuesdays	3:00 – 4:00	F 21	Gentle Intro to Strength Training 2 (GIST 2)	Sue Haviland	Weekly Deepdene (\$40 per term)
Wednesdays	11:15 – 12:15	F 22	Strength Training and Balance 1 - Beginners	Sue Winkler	Weekly Deepdene (\$40 per term)
Wednesdays	10:00 – 11:00	F 23	Balance and Strength 2 – Advanced	Sue Winkler	Weekly - Deepdene (\$40 per term)
Mondays	10:00 – 11:00	F 24	Active Movers	Sue McQuillen	Weekly – Deepdene (\$40 per term)
Tuesday	8:30 – 9:30	F 25	Strength enhancement for the very active	Georgina Mingos	Weekly – Deepdene (\$40 per term)
Mondays	11:30 – 12:30	F 26	Balance & Strength for Men	Jon North	Weekly – Stradbroke Park (\$60)

### MENTAL EXERCISE COURSES

Mondays	9:45 – 11:45	F 27	Duplicate Bridge	Kay, Peter Bailey, Barry A	Weekly – Horrie Watson
Mondays	1:00 – 2:30	F 27B	RummiKub	Fahi Macsood	Weekly – Horrie Watson
Fridays	1:00 – 3:00	F 28	Mahjong	Caryl Hogg, Rachel Parker	Weekly – Deepdene
Fridays	10:00 – 12:00	F 29	Scrabble	Christine McLeod	Weekly - at the Concierge
Fridays	9:30 – 11:00	F 30	Cryptic Crosswords (Continuing)	Self Guided	Weekly – Deepdene
Wednesdays	1:30 – 3:00	F 31	Cryptic Crosswords for beginners	Jan Tuckwell	Weekly – Deepdene
Tuesdays	11:00 – 12:00	F 32	Trivia @ Stradbroke Park Pavilion	John Little	May 5, 19, June 2, 16 – Stradbroke

### EXTENDING YOUR THINKING

Mondays	11:00 – 12:00	F 33	Current Affairs and politics @ Greythorn	Ilza Dulmanis & others	Weekly – Greythorn Community Hub
Wednesdays	10:00 – 12:00	F 34	The <b>New Scientist</b> @ Balwyn Park Centre	Richard Reed	April 24, May 13, 27, June 10 – BPC
Thursdays	9:50 – 11:30	F 35	Judaism for non-Jewish People	Dina Burgess	Weekly – Stradbroke Park
Thursdays	10:00 – 11:30	F 36	Politics and Current Affairs	Denise Deerson & others	Weekly – Balwyn Park Centre
Fridays	11:30 – 1:00	F 37	Social Philosophy discussions	Dawn Heffernan	Weekly – Balwyn Park Centre

### READING & FILM GROUPS

Thursdays	12:00 – 1:30	F 38	Reading Great Literature	Christine Watters	EVERY Week – Stradbroke Park
Mondays	1:30 – 3:00	F 39	Book Group @ Greythorn	Bev Walters, Ruth Merrick	May 4, June 1 – Greythorn
Mondays	1:30 – 3:00	F 40	Book Group @ Deepdene	Anne Cocks	4 <sup>th</sup> Monday of month in term time
Tuesdays	1:30 – 3:00	F 41	Book Lovers Club @ Stradbroke	Anna Harley	2 <sup>nd</sup> Tuesday of month in term time
Tuesdays	1:30 – 3:00	F 42	The “Whodunits” @ Stradbroke	Roz Berman	3 <sup>rd</sup> Tuesday of month in term time
Thursdays	2:00 – 3:30	F 43	Book Group - Crime Fiction @ Deepdene	Robert Lyons	1 <sup>st</sup> Thursday of month in term time
Thursdays	1:30 – 3:00	F 44	Men’s Book Group	John Kidman	June 11 – Balwyn Park Centre
Thursdays	1:30 – 3:00	F 45	Biography Book Group	Susie White	June 18 – Balwyn Park Centre
Mondays	TBA	F 46	Film Group	Kathy Wilton, Jan Tuckwell	3 <sup>rd</sup> Monday of each month – TBA

## AN INDEX OF 2020 FULL YEAR COURSES – CONTINUED

MUSIC COURSES					
Wednesdays	10:30 – 12:00	F 47	Singing for Pleasure – <b>WEEKLY</b>	Julie Lancashire & Valerie Judges, Ellaine Downie	Weekly – Deepdene
Fridays	2:00 – 3:30	F 48	Recorder Group – Beginners	Jacqui Harrison, Yvonne Clarke	Weekly – Horrie Watson Pavilion
Fridays	9:30 – 11:00	F 49	Recorder Group – Intermediate	Jacqui Harrison, Chris Wells, Nola Fletcher	Weekly – Horrie Watson Pavilion
Fridays	11:15 – 12:45	F 50	Recorder Group – Advanced	Barb Praetz, Pam Jagger	Weekly – Horrie Watson Pavilion
Mondays	1:30 – 3:00	F 51	Reviving Piano Skills @ Deepdene	Anna Hooi	April 20, May 18, June 15 Deepdene
Fridays	11:15 – 3:00	F 52	<b>Violin classes – tutor will negotiate with participants re timing of classes</b>	Margaret Wu	Weekly – Deepdene

PRACTICAL ART COURSES					
Mondays	1:30 – 3:30	F 54	Watercolour @ Balwyn Park Centre	Pat Winnett	First five Mondays of term
Mondays	10:00 – 12:00	F 55	Exploring Watercolour @ Deepdene	Merrill Corney	First five Mondays of the Term
Mondays	1:00 – 3:00	F 56	Watercolour – self help @ Deepdene	Elaine Best	First six Mondays of the term
Wednesdays	1:30 – 3:00	F 57	En Plein Air	Helena Dunn	4 <sup>th</sup> Wednesday of the month
Fridays	9:30 – 11:00	F 58	Painting and Drawing @ Balwyn Park Centre	Gary Faul	Weekly
Wednesdays	11:15 – 12:45	F 59	Calligraphy – Beginners @ Deepdene	Alison MacDonald	First six Wednesdays of the term
Wednesdays	9:30 – 11:00	F 60	Calligraphy – Intermediate @ Deepdene	Alison MacDonald	First six Wednesdays of the term
Thursdays	1:45 – 3:15	F 61	Quilting @ Balwyn Park Centre	Jean Dunn	Weekly
Thursdays	11:00/11:30	F 62	Photography Group	Karin Watts	Weekly – Deepdene and off campus

LANGUAGE COURSES					
Fridays	1:30 – 3:00	F XX	French Beginners	No class at the moment	
Mondays	9:30 – 11:00	F 63	Elementary French A	Ellaine Downie, Julie Lancashire	Weekly – Stradbroke Park
Fridays	1:30 – 3:00	F 64	Elementary French B	Jenny Ryan	Weekly – Stradbroke Park
Fridays	1:30 – 3:00	F 65	Lower Intermediate French	Sandra Masel	Weekly – Stradbroke Park
Fridays	9:30 – 11:00	F 66	Intermediate French A	Ian Adams	Weekly – Balwyn Park Centre
Thursdays	2:00 – 3:30	F 67	Intermediate French B	Ian Adams	Weekly – Stradbroke Park
Thursdays	2:00 – 3:30	F 68	Intermediate French C	Denise Bray	Weekly – Stradbroke Park
Thursdays	12:00 – 1:30	F 69	Intermediate French D	Jenny Ryan	Weekly – Stradbroke Park
Wednesdays	1:30 – 3:00	F 70	Upper Intermediate French A	Denise Bray	Weekly – Stradbroke Park
Mondays	1:30 – 3:00	F 71	Upper Intermediate French B	Denise Bray	Weekly – Stradbroke Park
Fridays	11:15 – 12:45	F 72	Upper Intermediate French C	Sandra Masel	Weekly – Stradbroke Park
Thursdays	10:00 – 11:30	F 73	Advanced French	Michel Beuchet & others	Weekly – Stradbroke Park
Fridays	3:00 – 4:30	F 74	French conversation at a local café	Linda Marshman	Weekly – Local Café
Tuesdays	12:00 – 1:30	F 75	Italian 1 – from the Beginning	Neville Heffernan	Weekly – Horrie Watson
Tuesdays	10:30 – 12:00	F 76	Italian 2 – continuing	Neville Heffernan	Weekly – Horrie Watson
Fridays	9:30 – 11:00	F 78	Chinese Language & Culture 6	Martina Peng	Weekly – Stradbroke Park
Wednesdays	10:00 – 12:00	F 79	Spanish – Beginners	Elvira Cifaratti	Weekly – Balwyn Park Centre
Fridays	1:30 – 3:00	F 80	Spanish 3 @ Balwyn Park	Aurora Chighine	Weekly – Balwyn Park Centre
Mondays	10:30 – 12:00	F 81	Spanish 6	Anne Morrison	Weekly – Stradbroke Park

HISTORY & TRAVEL					
Mondays	10:00 – 12:00	F 82	Military History @ Balwyn Park	Richard O'Brien & others	Weekly – Balwyn Park Centre
Tuesdays	10:00 – 12:00	F 83	Historic Walks	Marian Letcher & others	April 21, May 5, June 2, 16
Fridays	11:30 – 1:00	F 84	Travel (various) @ Balwyn Park	Pam O'Brien & others	Weekly – Balwyn Park Centre

WINE					
Mondays	7:30 – 9:00	F 85	Wine Appreciation	Sally & David Laycock	3 <sup>rd</sup> Monday of month – TBA



**DEEPDENE**  
UNIVERSITY OF THE THIRD AGE

E-mail: [u3adeepdeneinc@gmail.com](mailto:u3adeepdeneinc@gmail.com)

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

# EXERCISE – PHYSICAL

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

- An authorization from their doctor, indicating that the program is considered suitable for them
- OR**
- 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 all members early in the year and will be available in paper copy 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 at the office with cheque or EFTPOS.

## EXERCISE CLASSES – led by Volunteers

Co-ordinator – Jenny Cash

**Note: F 01 – F 15B 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 – alternate exercises will be given if you can't get down on the floor!!

Tuesdays 1 30 – 2 30 Weekly

*Main Hall, Deepdene Uniting Church*

### **F 02 Wu Style Tai Chi**

*Joseph Wong and Suzie Wong 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 – 12 30 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 45 – 10 45 Weekly

*Main Hall, Deepdene Uniting Church*

#### **F 04 Line Dancing A**

*Suzie 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 – 1 30 Weekly

*Main Hall, Deepdene Uniting Church*

#### **F 05 Line Dancing B**

*Suzie 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 1 30 – 2:30 Weekly

*Main Hall, Deepdene Uniting Church*

#### **F 06 Yoga – Continuing**

*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 – 10 30 Weekly

*Main Hall, Deepdene Uniting Church*

#### **F 06 B Yoga – Continuing B**

*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 10 45 – 11 45 Weekly

*Main Hall, Deepdene Uniting Church*

#### **F 06 M Yoga Extra – NEW**

*Mahes Karuppiah-Quillen*

Gentle, graceful, simple but profound movements for greater physical independence, mental dexterity and conscious awareness in our daily living – maximum return for minimum effort.

The routine offered will be sixty minutes of well thought out physical and mental workout exercise program to flex, stretch, relax, release and reinforce mind and body for the over 50s.

Group size limited to 25

Mondays 1 00 – 2 00 Weekly

*Main Hall, Deepdene Uniting Church*

#### **Hearty & Energetic Walkers**

Overall Coordinator – Wendy Stewart

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. The walks will continue throughout term time and groups may make arrangements through U3A vacations.

**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 – Wendy Stewart*

Mondays 9 00 – 10 00 Weekly

*Starting Point: Victoria Park*

**F 08 Energetic Walkers – Mondays**

*Coordinators – Louise James and Barbara Burton*

Mondays 9 00 – 10 00 Weekly

*Starting point: Stradbroke Park*

**F 09 Hearty Walkers – Wednesdays**

*Coordinator – Wendy Stewart*

Wednesdays 9 00 – 10 00 Weekly

*Starting point: Stradbroke Park*

**F 10 Energetic Walkers – Wednesdays**

*Coordinator – Pam McDill*

Wednesdays 9 00 – 10 00 Weekly

*Starting point: Victoria Park*

**F 11 Hearty Walkers – Thursdays**

*Coordinator – Elizabeth ETTY-Leal*

Thursdays 9 00 – 10 00 Weekly

*Starting point: Balwyn Park Centre*

**F 12 Energetic Walkers – Fridays**

*Coordinator – Michelle Trevorrow*

Fridays 8 30 – 9 30 Weekly

*Starting point: White Avenue, Kew*

**F 13 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 – 3 30 (approx.) Weekly

*Greythorn Park Tennis Courts*

**F 14 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.)

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

Mondays 11 30 – 12 15 dates to be arranged

*Greythorn Park Tennis Courts*

**F 15 A and F 15 B 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 12 30 – 2 00 (**F 15 A**) and 2:00 – 3:30 (**F 15 B**) Weekly

Each group limited to 20 players

*Main Hall, Deepdene Uniting Church*

# EXERCISE CLASSES – Paid for classes

Co-ordinator – Christine Georgiou

**Note: F 16 – F 26 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.**

**You will not be able to book for these classes for Term 2, until we confirm starting dates.**

## **F 16 Zumba Gold @ 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 25

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

Mondays 10:45 – 11 45 Weekly

*Greythorn Community Hub*

## **F 17 Zumba Gold @ 10:30**

*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 people with a range of abilities. Group size restricted to 25

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

Thursdays 10:30 – 11:30 Weekly

*Main Hall, Deepdene Uniting Church*

## **F 18 Zumba Gold @ 9:30**

*Meredith Read, Total Body Beauty*

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

Group size restricted to 25

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

Thursdays 9:30 – 10:30 Weekly

*Main Hall, Deepdene Uniting Church*

## **F 19 Classical ballet**

*Kalman Warhaft, Principal, Melbourne Institute of Dance*

Classical ballet is a great way to keep fit, express yourself and move to beautiful music in a structured way. 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.

Thursdays 2 15 – 3 15 – check dates

*Main Hall, Deepdene Uniting Church*

## **F 20 Gentle Introduction to Strength Training 1 (GIST 1)**

*Sue Haviland, YMCA*

GIST classes involve a range of upper and lower body strengthening exercises for Older Adults.

The exercises are functional and relate to daily activities and falls prevention. Classes provide an excellent workout to help participants feel stronger and well. The atmosphere is welcoming and friendly.

Group size restricted to 25.

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

Fridays 11 00 – 12 00 Weekly – Main *Hall, Deepdene Uniting Church*

## **F 21 Gentle Introduction to Strength Training 2 (GIST 2)**

*Sue Haviland, YMCA*

GIST classes involve a range of upper and lower body strengthening exercises for Older Adults. The exercises are functional and relate to daily activities and falls prevention. Classes provide an excellent workout to help participants feel stronger and well. The atmosphere is welcoming and friendly.

Group size restricted to 25.

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

Tuesdays 3 00 – 4 00 Weekly

*Main Hall, Deepdene Uniting Church*

### **F 22 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 – 12 15 Weekly

*Main Hall, Deepdene Uniting Church*

### **F 23– Balance and Strength 2 – 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 18

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

Wednesdays 10 00 – 11 00 Weekly

*Main Hall, Deepdene Uniting Church*

### **F 24 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 00 – 11 00 Weekly

*Main Hall, Deepdene Uniting Church*

### **F 25 Strength Enhancement for the Very Active**

*Georgina Mingos, YMCA*

This is a welcoming and friendly class for members seeking a **more active** form of exercise focussing on strength and resistance training, using weights and therabands. Participants to bring their own mats.

Group size restricted to 25

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

Tuesdays 8 30 – 9 30 Weekly

*Main Hall, Deepdene Uniting Church*

### **F 26 Balance and Strength for Men**

*Jon North (or replacement), 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 30 – 12 30 Weekly – *Stradbroke Park Pavilion*

**Enrolments for Full Year Courses must be done online**



## EXERCISES – MENTAL

### **F 27 Duplicate Bridge**

*Co-ordinators: Kay and Peter Bailey and Barry Atkinson*

This activity is for people who have an understanding of the rules of bridge and have had experience playing duplicate bridge.

Enjoy a quiet, friendly and comfortable environment to test your bridge skills. We welcome both regular and occasional players. You do not need to bring a partner to participate.

Cost for stationery: \$5 per term, paid to coordinators, at first session

Mondays 9 45 – 11 45 Weekly

*Horrie Watson Pavilion*

### **F 27B RummiKub.**

*Co-ordinator: Fahi Macsood and others*

RummiKub is an addictive game, played with numbered and decorated tiles. Claimed to be a great aid to brain improvement! Beginners and experienced players are welcome to join us.

Mondays 1 00 – 2 30 Weekly

*Horrie Watson Pavilion*

### **\*\*\*\*Learning Duplicate Bridge\*\*\*\***

Currently we do not have Beginners Classes for Duplicate Bridge. Many of our members have attended the **Beginners' Duplicate Bridge classes at North Balwyn Bowling Club**. They are very good. Enquire at the office for details

### **F 28 Mahjong – a group to play together.**

*Co-ordinators: Caryl Hogg, Rachel Parker*

Come along to join in playing this fascinating ancient Chinese game.

We welcome players with some experience but we are unable to accommodate beginners at this stage.

We play the Western version of Mahjong and play hands from *The Mahjong Players Companion* written by Patricia A. Thompson and Betty Maloney.

Fridays 1 00 – 3 00 Weekly

*Alston Halls, Deepdene Uniting Church*

### **F 29 Scrabble**

*Co-ordinator: Christine McLeod, assisted by Barbara Vincent and Anne Smith*

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

Fridays 10 00 – 12 00 Weekly

*The Concierge, Banool Road, Balwyn*

### **F 30 Cryptic Crosswords**

*Self Guided*

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 – 11 00 Weekly

*Alston Halls, Deepdene Uniting Church*

### **F 31 Cryptic Crosswords for Beginners**

*Leader: Jan Tuckwell*

Cryptic Crosswords too confusing? Come along and get essential handy tips so you can enjoy and learn the

art of solving Cryptic Crosswords.

Wednesdays 1 30 – 3 00 Weekly

*Alston Halls, Deepdene Uniting Church*

**F 32 Trivia**

*Val and John Little*

In its sixth year, our quiz program continues to entertain and uses the combined stored up information in our brains. You do not need to be a Rhodes Scholar, questions are general knowledge and we all have some of that. Some of our members thought they did not know anything, but gave Trivia a try and now never miss attending. Come and join this happy group of people who enjoy getting together and sharing what information they can. Join an existing team, you will receive a big welcome. Just knowing the answer to one or two questions may be a big help to your team.

At the very least you will have fun and a laugh and get to know more members of our friendly U3A.

You might even win a chocolate!

Tuesday 11 00 – 12 00

**Term 2 dates:** May 5, 19, June 2, 16

(Dates for Terms 3 – 4 will be published each term)

*Stradbroke Park Pavilion*

## EXTENDING YOUR THINKING

Co-ordinator – Ilza Dulmanis

**F 33 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 00 – 12 00 Weekly

*Greythorn Community Hub*

**F 34 Science Club**

*Leader: Richard Reed*

Each session will include discussions from articles in the *New Scientist* weekly journal.

The subjects cover a wide spectrum of new research, new ideas and new knowledge. We will discuss the importance of these.

No previous scientific knowledge is necessary, so we can all join in the discussions.

Wednesdays 10 00 – 12 00

**Term 2 dates:** April 29, May 13, 27, June 10

*Balwyn Park Centre*

**F 35 Judaism and the Jewish People**

*Dina Burgess*

The course in 2020 will examine the faith, ethical teachings, sacred texts, and religious practices that have helped the Jewish people to endure through nearly four millennia, from Abraham to the present, and through centuries of persecution.

Articles by rabbis and commentators from Israel and the Diaspora will be presented, enabling discussion and comparison with other traditions, both religious and non-religious.

Songs, food, and the occasional joke will add 'Jewish flavor'. The course is most suitable for non-Jewish people. Both new and continuing participants are welcome.

Thursdays 9 50 – 11 30 Weekly

*Stradbroke Park Pavilion*

### **F 36 Politics and Current Affairs**

*Denise Deerson & others*

This group will deal with important political and social issues of the day, national and international. Topics can be researched/led by volunteers and discussed each week. Member discussion will be encouraged.

Thursdays 10 00 – 11 30 Weekly

*Balwyn Park Centre*

### **F 37 Social Philosophy**

*Tutor: Dawn Heffernan*

This course will cover a wide range of topics including:

Brain science and the mind-body problems; consciousness; philosophy of science; particle physics and reality; theories of truth; existence of God, theism and deism; and economic theories.

SOURCES:

The New Scientist, The Scientific American, Philosophy Now, The Conversation, Aeon Magazine, Ted Talks as well as newspaper commentaries.

Class reference book – *The Story of Philosophy* by Bryan Magee (available on line new or used).

No prior knowledge of the above areas is assumed but prior reading of the class text will give a solid foundation for many of the core philosophical problems covered.

Fridays 11 30 – 1 00 Weekly

*Balwyn Park Centre*

## **READING & FILM**

Co-ordinator: Kay Withell

### **F 38 Reading Great Literature**

*Christine Watters*

In class we read and discuss a selection of literary works from the last 3000 years. We will start the year with a play by the great Italian writer Luigi Pirandello, and then read George Orwell's "1984".

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

Thursdays 12 00 – 1 30 Weekly

*Stradbroke Park Pavilion*

### **F 39 Greythorn Book Club – Authors who write series – Two sessions each term**

*Leaders: Ruth Merrick & Bev Walters*

For Term 2, we will read and discuss Garry Disher– Australian author of Crime Fiction.

**May 4<sup>th</sup>** *The Dragon Man*, the first book in this series, will be discussed. Group members are encouraged to read this before the meeting, if possible.

**June 1<sup>st</sup>** Group members will discuss their individual selections of the remaining books in the series.

**New members welcome**

Mondays 1 30 – 3 00

**Term 2 dates:** May 4, June 1

*Greythorn Community Hub*

### **F 40 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 – 3 00

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

*Alston Halls, Deepdene Uniting Church*

### **F 41 Book Lovers' Club**

Leaders: Anna Harley

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 30 – 3 00

2<sup>nd</sup> Tuesday in the month

*Stradbroke Park Pavilion*

### **F 42 '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 – 3 00

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

*Stradbroke Park Pavilion*

### **F 43 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 00 – 3 30

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

*Alston Halls, Deepdene Uniting Church*

### **F 44 Men's Book Discussion Group**

Leader: John Kidman

A book group where men come together to discuss books that have been chosen by members of the group. In Term 1, the book to be studied will be *Poster Boy* by Peter Drew.

Artist Peter Drew wanted a better Australia. In 2013, frustrated at the political discussion around asylum seekers, he put up a poster, commenting on Australia's offshore detention. What followed was an outpouring of community support, and a national, then global, following for his art.

Told with humour, sincerity and an attentive eye, Peter's story is both intimate and inclusive, drawing a parallel between our personal relationships and Australia's national narratives. This is a book about family and identity, about the lies we tell ourselves and the past we bury. Peter experiences an journey to be a better citizen of his country.

Thursday 1 30 – 3 00

**Term 2 date** June 11

(Dates for Terms 3, 4 will be published each term)

*Balwyn Park Centre*

### **F 45 Biography Book Group**

Leader: Susie White

A book group which focuses on one major genre of writing – the biography – whilst interpreting that label very broadly.

In Term 2 we will read about and discuss the life of Elizabeth Macarthur in *Elizabeth Macarthur: A Life at the Edge of the World* by Michelle Scott Tucker. Many members who attended the excellent presentation by Michelle in Term One suggested that we read about Elizabeth this term.

The back cover notes that *In 1788 a young gentlewoman raised in the vicarage of an English village married a handsome, haughty and penniless army officer. In any Jane Austen novel that would be the end of the story,*

but for the real-life woman who would play an integral part of establishing Australia's wool industry, it was just the beginning.

Thursday 1 30 – 3 00

**Term 2 date:** June 18

(Dates for Terms 3, 4 will be published each term)

*Balwyn Park Centre*

## FILM

### **F 46 Film Group – Monday Film Group**

*Leaders: Kathy Wilton & Jan Tuckwell*

This film group is held at a local cinema on the third Monday of each month excluding December. The group is notified by email the week before with 2–3 proposed films, and a description of each for your choice.

Films are scheduled for morning viewing followed by lunch at a local café.

Mondays Depends on time of film

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

*Local Cinemas*



## MUSIC

### **F 47 Singing for Pleasure**

*Julie Lancashire (leader) and Valerie Judges and Ellaine Downie (accompanists)*

The physical, mental and emotional benefits of choral singing have been widely studied and the results show how beneficial singing in a group can be.

Singing for Pleasure gives people the opportunity to join others who love to sing in a fun, relaxed environment.

The music selection is varied and in either unison, two-part or SAB (soprano, alto and baritone). The course will run for the first eight weeks of each term.

We ask for regular weekly attendance. This is important in developing the group's overall musicianship and cohesiveness of sound. It is our aim to work towards the occasional small performance.

Wednesdays 10 30 – 12 00 **Weekly**

*Alston Halls, Deepdene Uniting Church*

### **F 48 Recorder Group – Beginners**

Leader Jacqui Harrison

Group coordinator Yvonne Clarke

Learn to play the recorder in a supportive and encouraging environment. Basic music-reading skills advantageous but not necessary. The sessions will lead to part playing in twos, threes and fours.

Prospective members should check with the coordinator as to the suitability of the group for them and for any further information regarding the choice of recorder.

Fridays 2 00 – 3 30 Weekly

*Horrie Watson Pavilion*

### **F 49 Recorder Group – Intermediate**

Leaders: Jacqui Harrison, Chris Wells

Group coordinator: 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 – 11 00 Weekly

*Horrie Watson Pavilion*

### **F 50 Recorder Group – Advanced**

Leader: Barb Praetz

Group coordinator: Pam Jagger

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 through to modern works composed or arranged for recorder ensemble. 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 15 – 12 45 Weekly

*Horrie Watson Pavilion*

### **F 51 Reviving Piano Skills**

Leader Anna Hooi

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 – 3 00

**Term 2 dates:** – April 20, May 18, June 15

*Green Room, Deepdene Uniting Church*

### **F 52 Violin for Term 2 2020**

Tutor Margaret Wu

#### **Violin classes**

A number of classes are offered for beginner violinists and those who have had some experience in playing the violin. The tutor will allocate participants in groups that suit the level and experience of the players. The classes are around one hour in duration, on Fridays between 11:15am and 3pm. Please enrol and you will be allotted a time for your class.

Fridays between 11:15 and 3:00 Weekly

*Alston Halls, Deepdene Uniting Church*

# PRACTICAL and CREATIVE ARTS

## **F 54 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 – 3 30

First five Mondays of Term

*Balwyn Park – Garden Room*

## **F 55 Exploring Watercolour**

*Merrill Corney*

Beginners and more advanced students are welcome to join this innovative approach to watercolour. Exciting, fun and rewarding – anyone can enjoy the creative buzz of watercolour painting.

10 places only

Mondays 10 00 – 12 00

First five Mondays of Term

*Alston Halls, Deepdene Uniting Church*

## **F 56 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 00 – 3 00

First six Mondays of Term.

*Alston Halls Deepdene Uniting Church*

## **F 57 En Plein Air**

*Leader: Helena Dunn*

An opportunity to discover the joy and spontaneity of drawing or painting outdoors. No experience needed.

A semi-structured class with themes chosen by interested group members.

Participants provide own materials to draw with such as pencils, line and wash, pastels or paints.

On Wednesday February 26 we will meet to discuss materials and proposed locations.

Wednesdays 1 30 – 3 00

4<sup>th</sup> Wednesday of the month

*Balwyn Park Centre and the outdoors*

## **F 58 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.

16 places only

Fridays 9 30 – 11 00 Weekly

*Balwyn Park Centre – Garden Room*

### **F 59 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 – 12 45

First six Wednesdays of each term

*Alston Halls, Deepdene Uniting Church*

### **F 60 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 – 11 00

First six Wednesdays of each term

*Alston Halls, Deepdene Uniting Church*

### **F 61 Quilting**

*Jean Dunn*

This is a friendly and supportive group with a wide variety of ability and experience. New members are encouraged to join us. Beginners are especially welcome. We have the materials, equipment and skills to get you started on simple projects. Who knows where this will lead you?

Thursdays 1 45 – 3 45 Weekly

*Balwyn Park Centre – Garden Room*

### **F 62 Photography Group**

*Karin Watts*

How to add a 'zing' to your photo!

This course involves the group visiting selected locations and then, the following week, to meet and review our photos. When on location we enjoy a leisurely lunch at a nearby restaurant. Zingers who enrolled for Term 1 this year do not need to re-enrol for Term 2 and new members are welcome.

The course is suitable for photographers, of all abilities, who have an enthusiasm for improving their photography and assisting others to do this too, with feedback in a supportive group. It is not intended as a camera technology course, although limited assistance may be available.

In Term 2 we will meet at *Alston Halls, Deepdene Uniting Church* on 23/4, 7/5, 21/5, 4/6, 18/6 at 11.00 am. Then on the 30/4, 14/5, 28/5, 11/6 we will be *on location* at 11 am meeting time. An information sheet will be distributed at the beginning of the term and will include the Blue Lotus Garden, Rippon Lea, Collingwood's Children Farm and Fed Square. Where public transport is not available, we will arrange carpooling.

Most of the selected locations will be accessible by public transport. Student prerequisites: digital camera or phone camera.



# 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.

**PLEASE DO NOT apply for a place in a language class, unless you intend attending regularly.**

There **may** be vacancies in some language classes for new participants

Members, or prospective members, interested in joining these classes are invited to contact the office 9817 7736 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 here or at the first session. In many 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.**

## FRENCH CLASSES

Co-ordinator -Denise Bray

### French 2020

After much consideration and discussion by the all the French Tutors, as of 2020 the previous numbering system for French classes has been replaced by simple and clear terms such as Beginners, Elementary etc.

**ONLY THE NAME OF THE CLASS HAS CHANGED. THE LEVEL, CONTENT, TUTOR, DAY AND TIME OF THE CLASS HAS NOT CHANGED.**

The changes are set out below. When re-enrolling for 2020, look for your tutor's name, and the day and time of your current class.

- Beginners (at this stage unavailable in 2020)
- Elementary A (French 1 in 2019. Elaine Downie & Julie Lancashire, Monday 9:30am)
- Elementary B (Beginners French in 2019. Jenny Ryan, Friday 1:30pm)
- Lower Intermediate A (French Conversation for Travellers in 2019. Sandra Masel, Friday 1:30pm)
  
- Intermediate A (French 3 in 2019. Ian Adams, Friday 9:30am)
- Intermediate B (French 4 in 2019. Ian Adams, Thursday 2:00pm)
- Intermediate C (French 6 in 2019. Denise Bray, Thursday 2:00pm)
- Intermediate D (French 2 in 2019. Jenny Ryan, Thursday 12:00pm)
  
- Upper Intermediate French A (French 7A in 2019. Denise Bray, Wednesday 1:30pm)
- Upper Intermediate French B (French 7B in 2019. Denise Bray, Monday 1:30pm)
- Upper intermediate French C (French 5 in 2019. Sandra Masel, Friday 11:15am)
  
- Advanced French A (Advanced French Conversation in 2019. Michel Beuchat, Thursday 10:00am)

\*\*\*\*\*

## FRENCH CLASSES

**F XX** *Beginners French* (At this stage not available in 2020)

**F 63** *Elementary French A*

*Ellaine Downie & Julie Lancashire*

This French class is for students who have already completed 1–2 years of French study in a community education setting.

Students should be able to:

- . introduce themselves or someone else
- . ask and answer basic questions about home, family, surroundings etc
- . communicate in a basic way when the other person speaks slowly and clearly
- . be familiar with verbs in the present, near future and past tense (présent, futur proche, passé composé)

The emphasis in this class is on acquiring excellent pronunciation, listening skills and developing confidence in speaking French.

**TEXT:** *Grammaire Progressive du Français (niveau débutant)* M. Gregoire & Merlo, G. CLE International, 2010.

Mondays 9:30 – 11:00 Weekly

*Stradbroke Park Pavilion*

**F 64** *Elementary French B*

*Jenny Ryan*

For students who have participated in French Beginners (French level 1) in 2019 which was based on the application of the basics of French pronunciation, grammar ( e.g. present and perfect tenses) and vocabulary for everyday life, encouraging reading and speaking French.

This class will be considered to be at Level 2 in 2020. Some places may be available for new participants who will be contacted by the tutor to assess suitability for this course level.

Fridays 1:30 – 3:00 Weekly

*Stradbroke Park Pavilion*

**F 65** *Lower Intermediate French*

*Sandra Masel*

This is a continuing class for those enrolled in Conversational French for Travellers in 2019.

Participants need basic comprehension of spoken and written French. Grammar and vocabulary based on practical life issues. The course emphasizes oral expression and comprehension for practical communication purposes.

Fridays 1 30 – 3 00 Weekly

*Stradbroke Park Pavilion*

**F 66** *Intermediate French A*

*Ian Adams*

This a continuing class for students enrolled in French 3 in 2019.

The course is based around grammar, conversation and French culture.

Some places may be available to new students.

Fridays 9:30 – 11:00 Weekly

*Balwyn Park Centre*

**F 67** *Intermediate French B*

*Ian Adams*

This is a continuing class for those enrolled in French 4 in 2019.

The course is based around grammar, conversation and French culture.

Some places may be available for new students

Thursdays 2 00 – 3 30 Weekly

*Stradbroke Park Pavilion*

**F 68 Intermediate French C***Denise Bray*

This is a continuing class for those enrolled in French 6 in 2019. Some places may be available for new participants. Knowledge of basic grammar and use of the present tense, passé composé, imparfait, and future tense is required. Willingness to participate in conversation is essential. There may be some homework.

**TEXT: *Vite et Bien 2***, Claire Miguel, CLE International, 2nd Edition – retained from 2019.

Thursdays 2 00 – 3 30 Weekly

*Stradbroke Park Pavilion*

**F 69 Intermediate French D***Jenny Ryan*

This a continuing class for students of French 2 in 2019, who completed Level 3 with its attention to pronunciation, vocabulary and grammatical structure of the language (Including the verb tenses: present, perfect, imperfect, preterite, future, conditional, and pluperfect before moving into the subjunctive); translation and development of conversation skills.

Some places may be available for new participants, who will be contacted by the tutor to assess suitability for this course level.

Thursdays 12 00 – 1 30 Weekly

*Stradbroke Park Pavilion*

**F 70 Upper Intermediate French A,***Denise Bray*

This is a continuing class for members enrolled in French 7A in 2019. Some places may be available for new participants. Knowledge of basic grammar, including use of the present, passé, composé, imparfait and future tenses is necessary, as well as recognition of the pluperfect and conditional tenses. Willingness to participate in conversation and simple class discussions is essential. There may be some homework.

**TEXT: *Vite et Bien 2***, Claire Miguel, CLE International, 1st Edition – retained from 2019

Wednesdays 1 30 – 3 00 Weekly

*Stradbroke Park Pavilion*

**F 71 Upper Intermediate French B***Denise Bray*

This is a continuing class for members enrolled in 7B in 2019. Some places may be available for new participants. Knowledge of basic grammar, including use of the present, passé composé, imparfait, and future tenses is necessary, as well as recognition of the pluperfect and conditional tenses. Willingness to participate in conversation and simple class discussions is essential.

There may be some homework.

**TEXT: *Vite et Bien 2***, Claire Miguel, CLE International, 1st Edition – retained from last year.

Mondays 1 30 – 3 00 Weekly

*Stradbroke Park Pavilion*

**F 72 Upper Intermediate French C***Sandra Masel*

This is a continuing class for those members enrolled French 5 in 2019.

Class members need knowledge of basic French grammar and good comprehension of written French. The course emphasizes oral expression and comprehension. Discussion in class of current issues including films and written texts, social, political, historical, and literary.

Fridays 11 15 – 12 45 Weekly

*Stradbroke Park Pavilion*

### **F 73 Advanced French**

*Michel Beuchat*

This class is conducted in French, and is for people who have studied French for a number of years and can take part in discussion, can read and understand articles on current issues, can prepare short talks 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.

When the tutor is away during term time, students take it in turn to run the class.

Thursdays 10:00 – 11:30 Weekly

*Stradbroke Park Pavilion*

## **FRENCH ACTIVITIES**

### **F 74 French Conversation at a Local Cafe**

*Linda Marshman*

This informal French Conversation group will meet at a French cafe near Balwyn Park Centre on Fridays from 3 pm – 4 30 pm. Students from all levels of French are welcome.

There are just two rules:

- no English conversation
- no apologising for your French skills (this is a friendly and non-intimidating group and we are not looking for perfection).

Fridays 3 00 – 4 30 Weekly

*French café in Balwyn*

## **ITALIAN CLASSES**

### **F 75 Italian 1: from the beginning**

*Neville Heffernan*

Italian basic grammar and conversation. Working from a text book with most of the written work done in class. Regular conversation in class. Text will be announced at the first lesson. Beginners and those needing grammar and verb help welcome.

Tuesdays 12 00 – 1 30 Weekly

*Horrie Watson Pavilion – Room 1*

### **F 76 Italian 2: Continuing Italian**

*Neville Heffernan*

Reading from a collection of articles on Italy and the Italian way of life. Class conversation on current topics. Current and new class members welcome. Text announced at first class.

Tuesdays 10 30 – 12 00 Weekly

*Horrie Watson Pavilion – Room 1*

## **MANDARIN CHINESE CLASSES**

### **F 78 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 – 11 00 Weekly

*Stradbroke Park Pavilion*

## SPANISH CLASSES

### **F 79 Spanish Beginning**

*Elvira Cifaratti*

This class is for absolute beginners – for members who have had very little or no previous experience in learning Spanish.

The class will focus on basic grammar, pronunciation, reading and translation in Spanish so that students can gain confidence in forming simple sentences for every day communication in Spanish

Members enrolling in this course are requested to purchase No Nonsense Knowledge, *Spanish Made Simple Revised and Updated*, by Eugenie Jackson and Antonio Rubio, revised by Judith Nemethy. The book is available from *booktopia*. *This book could cover a number of years of study.*

Wednesdays 10 00 – 12 00 Weekly

*Balwyn Park Centre*

### **F 80 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 – 3 00 Weekly

*Balwyn Park Centre – Garden Room*

### **F 81 Spanish 6**

*Anne Morrison*

This class is for members who have completed at least 500 hours of tuition in an adult environment.

Mondays 10 30 – 12 00 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 82 Military History**

*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. In Term 2 we will focus on North America

Mondays 10 00 – 12 00 Weekly

*Balwyn Park Centre*

## **F 83 Historic Melbourne Walks**

*Co-ordinator: Marian Letcher*

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 00 – 12 00

## **F 83 Historic Melbourne Walks**

*Coordinators: Joan Taylor and Marian Letcher*

**Tuesdays: 10 00 – 12 00 – DATES for Term 2**

April 21	Anna Harley	South Parkville
May 5	Jean Mapp	Burnley
June 2	Alan Ray	South Box Hill
June 16	Pauline Moncrieff	Footscray

## **F 84 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 listed 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 – 1 00 Weekly

*Balwyn Park Centre*

## **F 84 Travel**

*Co-ordinator: Pam O'Brien*

**Fridays 11 30 – 1 00**

*Balwyn Park Centre*

**24 April Brent Campbell**

Italy: beyond Rome, Florence and Venice

**1 May Joanne Bass**

The Camino from Leon: pilgrimage, trek or mystical walk? Something remarkable takes place

**8 May Robyn Murtagh**

Breakfast with giraffes, morning coffee with rhinos: my first trip to Africa

**15 May Suzanne Collings**

An Adriatic Journey – Part 1

**22 May Suzanne Collings**

An Adriatic Journey – Part 2

**29 May Val Sinclair**

Sojourn in France

**5 June Kay Axsentieff**

India: the journey of flavour ... a diverse tapestry of the senses and contrasts

**12 June Frank Devlin**

Ecuador – along the Andes from Otavalo to Cuenca

**19 June Alison & Keith Head**

Kimberley in the Wet

# WINE

## F 85 Wine Appreciation

*Sally and David Laycock*

Would you like to learn more about wine styles and wine areas in Australia and around the world? Join a group to taste and enjoy wines, led usually by members 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 10 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 – 9 00

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

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



## OUR VENUES

*We are very fortunate to have the use of the following venues again in 2020*

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

◆ – **OFFICE & MAIN VENUE – Balwyn Park Centre**, 206A Whitehorse Road, Balwyn, 3103  
109 (Box Hill) tram, Car park (entrance from Whitehorse Road) street parking in Whitehorse Road, Cherry Street and some surrounding streets.

◆ **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 in Burke Road and Whitehorse Road.

◆ **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 2, 2020 Program will be online from Monday March 23

If you do not have an email account you will need to phone or come in to  
**our Balwyn Park Centre office**

and we will assist you to enrol in your choices for Term 2, 2020.

The Office will be open and the phone will be answered during the vacation at these times:

**Monday March 30 & Tuesday March 31**  
**(10:00 – 12:00 – at Balwyn Park Centre)**

**&**

**Wednesday, Thursday & Friday April 15, 16 & 17**  
**(10:00 – 12:00 – at Balwyn Park Centre)**

**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**

**Otherwise, you can post your choices to our Postal Address:**

**PO Box 3149, Cotham PO, Kew, 3101**

**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 Online 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!



Office and main meeting rooms:

Balwyn Park Centre, Balwyn Park,  
206A Whitehorse Road, Balwyn, 3103  
(see page 24 for other venues)

Postal Address:

PO Box 3149, Cotham PO, Kew, 3101

Phone:

9817 7736

Office hours during Term time:

10 am – 2 pm Monday – Thursday and 10 am – 12 noon Friday

Email:

[u3adeepdeneinc@gmail.com](mailto:u3adeepdeneinc@gmail.com)

Website:

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