



ABN: 12 241 330 302

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

## FULL YEAR COURSES 2025

UPDATED for TERM 4 2025

Overall co-ordinators - Lois Heycox & Jenny Cash

**Be aware that by this time of the year many of the Full Year classes/courses already have Waiting Lists.**

### 2025 term dates:

- Term 1 Monday February 3 – Friday March 28
- Term 2 Monday April 28 – Friday June 20
- Term 3 Monday July 21 – Friday September 12
- Term 4 Monday October 13 – Friday December 5

Our prime concern is the well-being of all members, those who are keen to attend face-to-face sessions and those who would prefer to use Zoom. This program has been developed to provide opportunities for both. Sometimes classes will need to change at short notice  
**PLEASE continue to check your emails regularly**

see ***TERM 4 2025 PROGRAM GUIDE***

**for another 70+ exciting presentations!**

Enrolments for ALL Courses must be done online.

For most FY courses, enrolments continue for the whole year, providing you attend regularly!

**We thank our supporters:**



Deepdene



## THE INDEX OF 2025 FULL YEAR COURSES – YOU WILL NEED TO CHECK DETAILS OF ALL COURSES

<b>LITERATURE &amp; FILM GROUPS</b>					
<i>Literature groups will be conducted at the listed venues.</i>					
<i>Overall Coordinator of Literature Groups – Bev Knowles</i>					
Mondays	1:30 – 3:00	F 01	Readers Rendezvous	Patricia Lele	1 <sup>st</sup> Monday of month – Zoom
Mondays	1:30 – 3:00	F 02	Alston Readers	Jan Beards	4 <sup>th</sup> Monday of month – Deepdene
Tuesdays	1:00 – 3:00	F03	Exploring History in Fact and Fiction	Kamoya Peterson	November 11 – Stradbroke Park
Tuesdays	1:00 – 3:00	F 04	“Whodunits”	Roz Berman	3 <sup>rd</sup> Tuesday of month – Balwyn Park
Wednesdays	10:00 – 11:30	F 05	Terra Australis book group	Fiona Malcolm	1 <sup>st</sup> Wednesday of month - Deepdene
Thursdays	12:00 – 1:30	F 06	Reading Great Literature	Christine Watters	EVERY Week – Deepdene
Thursdays	2:00 – 3:30	F 07	Crime Fiction	Robert Lyons	1 <sup>st</sup> Thursday of month – Balwyn Park
Thursdays	2:00 – 3:30	F 08	Men’s Book Group	John Kidman	November 27 – Balwyn Park Centre
Thursdays	2:00 – 3:30	F 09	Biography Book Group	Susie White	November 20 – Zoom
Mondays	TBA	F 10	Film Group	Kathy Wilton, Jan Tuckwell	3 <sup>rd</sup> Monday of each month – TBA
Thursdays	1:40 – 3:30	F 11	Film Appreciation	Mike Muntisov	1 <sup>st</sup> Thursday of month – Balwyn Park

<b>MUSIC COURSES</b>					
<i>Overall Coordinator of Music Groups – TBA</i>					
Mondays	3:30 – 4:30	F 14	Beginner Keyboard	Margaret Wu	Fortnightly – Zoom
Tuesdays	10:00 – 12:00	F 16	Recorder Intermediate/Advanced Recorder Skills class	Jacqui Harrison	Weekly – Zoom
Fridays	9:15 – 10:45	F 17	Recorder Ensemble – Intermediate Ensemble	Jacqui Harrison	Weekly – Stradbroke Park Pavilion
Fridays	11:00 – 12:30	F 18	Recorder Ensemble – Advanced Ensemble	Viv Spencer, Pam Jagger	Weekly – Stradbroke Park Pavilion
Fridays	10:00 – 12:30	F 19	String Orchestra	Margaret Wu	Weekly – Deepdene

<b>PRACTICAL ART COURSES</b>					
<i>Overall Coordinator of Artsy Groups Lois Heycox</i>					
Mondays	10:00 – 12:00	F 21	Exploring Watercolour @ Deepdene	Merrill Corney	First five Mondays of each term AH2
Tuesdays	10:30 – 12:00	F 22	Introduction to Drawing@ Balwyn Park Cent	NOT in Term 4	
Tuesdays	10:30 – 12:00	F 23	Slow Stitching & Beyond@ Balwyn Park Centre –	Anne Semple	October 21 & 28, November 18, December 2 – Balwyn Park Centre
Wednesdays	1:30 – 3:00	F 24	En Plein Air	Helena Dunn	4 <sup>th</sup> Wednesday of the month - TBC
Fridays	9:30 – 11:00	F 25	Painting and Drawing @ Balwyn Park Centre	Gary Faul	Weekly - BPC Garden Room
Thursdays	1:45 – 3:15	F 26	Quilting @ Balwyn Park Centre	Jean Dunn	Weekly - BPC Garden Room
Mondays	10:30	F 27	Photography Group	Karin Watts, Kay Axsentieff	Various venues (fortnightly)
Thursdays	9:30 – 11:00				Weekly – Zoom

<b>EXTENDING YOUR THINKING</b>					
<i>Overall Coordinator of Thinking Groups – Ilza Dulmanis</i>					
Mondays	9:30 – 12:00	F 28	Duplicate Bridge	Meredith Corbet, Peter Bailey & Simon Harris	Weekly – Balwyn Park Centre
Mondays	10:00 – 11:15	F 29	The Mind in Meditation	Alain Romary	Weekly – Zoom
Mondays	9:45 – 10:45	F 30	Issues and Current Affairs – Mondays	Ilza Dulmanis & others	Weekly – Zoom
Mondays	11:00 – 12:00	F 31	Current Affairs and Politics– Mondays	Tony Foran & others	Weekly – Balwyn Park Centre
Mondays	11:30 – 1:00	F 32	Chess	Anne Whittenbury, Manfred Siebentritt	Weekly – Stradbroke Park Pavilion
Tuesdays	1:00 – 3:00	F 33	Scrabble	Self guided	Weekly – Balwyn Park Centre
Wednesdays	12:30 – 3:00	F 34	Eastern Style Mahjong	Swee Wah Mak, Michelle Chee, Elaine Chin	Weekly – Stradbroke Park Pavilion
Wednesdays	1:30 – 3:00	F 35	Trivia	Val Little	1 <sup>st</sup> Wednesday – Balwyn PC
Wednesdays	1:30 – 3:00	F 36	Investing	Self Guided, Ken Parker	3 <sup>rd</sup> Wednesday each month BPC
Thursdays	10:00 – 11:30	F 37	Politics and Current Affairs – Thursdays	Rhonda McCaw & others	Weekly – Zoom
Wednesdays	10:30 – 12:30	F 38	Jewish Scriptures and Writings	Dina Burgess	Weekly – Zoom
Fridays	9:15 – 10:45	F 39	The <b>New Scientist</b> discussion group	Richard O’Brien and a team	2 <sup>nd</sup> & 4 <sup>th</sup> Fridays – Balwyn Park Cent
Fridays	9:30 – 11:00	F 40	Cryptic Crosswords (Continuing)	Graham O’Rourke	Weekly – Zoom
Fridays	11:30 – 1:00	F 41	Social Philosophy	Dawn Heffernan	Weekly – Balwyn Park Centre
Fridays	1:00 – 3:00	F 42	Mahjong	Caryl Hogg, Wendy Stewart	Weekly – Stradbroke Park Pavilion

HISTORY & TRAVEL					
Mondays	10:00 – 12:00	F 43	Military History	Richard O'Brien & others	Weekly – Balwyn Park Centre/Zoom
Tuesdays	10:00 – 12:00	F 44	Historic Walks – various locations	Beth Perrigo & others	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays - various venues
Wednesdays	11:30 – 12:30	F 45	World History Workshops	Tom Padula	First 4 weeks each term – Balwyn Park Centre
Fridays	11:30 – 1:00	F 46	Travel (various)	Pam O'Brien & others	Weekly – Zoom PLUS Balwyn Park C

WINE					
Wednesdays	7:00 – 9:00pm	F 47	Wine Appreciation – evening	Sally & David Laycock	4 <sup>th</sup> Wednesday each month – BPC

LANGUAGE COURSES					
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<i>Overall Coordinator of French classes – Denise Bray</i>					
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Tuesdays	10:00 – 11:00	F 48	Very Beginners French <b>NEW in 2025</b>	Ellaine Downie, Denise Bray	Weekly – Stradbroke Park Pavilion
Mondays	1:30 – 3:00	F 49	Elementary French	Ilsa Rose	Weekly – Balwyn Park Centre
Mondays	10:00 – 11:15	F 50	Lower Intermediate French	Ellaine Downie	Weekly – Stradbroke Park Pavilion
Fridays	9:45 – 11:15	F 51	Intermediate French A	Ian Adams	Weekly – Balwyn Park Centre
Thursdays	2:00 – 3:30	F 52	Intermediate French B	Ian Adams	Weekly – Stradbroke Park Pavilion
Thursdays	2:00 – 3:30	F 53	Intermediate French C	Denise Bray	Weekly – Deepdene
Fridays	1:30 – 3:00	F 54	Intermediate French E	Sandra Masel	Weekly – Balwyn Park Centre
Wednesdays	1:30 – 3:00	F 55	Upper Intermediate French A	Denise Bray	Weekly – Deepdene
Mondays	1:30 – 3:00	F 56	Upper Intermediate French B	Denise Bray	Weekly – Horrie Watson
Thursdays	10:00 – 11:30	F 57	Advanced French	Michel Beuchat	Weekly – Stradbroke Park Pavilion
Fridays	3:00 – 4:30	F 59	French conversation at a local café	Linda Marshman	Weekly – Local Café

<i>Overall coordinator of Italian classes – Helena Dunn</i>					
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Tuesdays	9:00 – 10:15	F 60	Beginner Italian 1	Helena Dunn	Weekly – Balwyn Park Centre
Wednesdays	10:00 – 11:00	F 61	Beginners Italian	Tom Padula	Weekly – Balwyn Park Centre
Tuesdays	9:15 – 10:15	F 62	Italian Beginners 3+	Rosa Stewart	Weekly – Horrie Watson Pavilion
Tuesdays	10:30 – 12:00	F 62C	Italian 6 – Continuing Italian	Helena Dunn	Weekly – Horrie Watson Pavilion

<i>Overall coordinator of Spanish classes – ???</i>					
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Wednesdays	10:00 – 11:30	F 63	Spanish – Continuing beginners	Elvira Cifaratti	Weekly – Balwyn Park Centre
Fridays	1:30 – 3:00	F 64	Spanish Intermediate	Aurora Chighine	Weekly – Zoom
Mondays	10:30 – 12:00	F 65	Spanish 6	Anne Morrison and others	Weekly – Deepdene

WALKING GROUPS					All with appropriate protocols
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<i>Overall Coordinator of Walking Groups – Wendy Stewart</i>					
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Mondays	9:00 – 10:00	F 66	Hearty Walkers – Monday Group	Wendy Stewart	Weekly – Victoria Park, Kew
Mondays	9:00 – 10:00	F 67	Energetic Walkers – Monday Group	Chris Sartori	Weekly – Stradbroke Park Pavilion
Mondays	9:00 – 10:00	F 68	VERY Energetic Walkers – Monday Group	Michelle Trevorrow	Weekly – Boroondara Park Canterbury
Tuesdays	9:30 – 1:30	F 69	Ramblers	Beryl & Richard Hume	4 <sup>th</sup> Tuesday in the month
Wednesdays	9:00 – 10:00	F 70	Hearty Walkers - Wednesday Group	Wendy Stewart	Weekly – Stradbroke Park Pavilion
Wednesdays	9:00 – 10:00	F 71	Energetic Walkers - Wednesday Group	Pam McDill	Weekly – White Avenue, Kew
Thursdays	10:00 – 11:00	F 72	Easy Strolling Slow Walkers	Anne Gordon	Weekly – Maranoa Gardens
Thursdays	9:00 – 10:00	F 73	Brisk Walkers – Thursday	Beryl & Richard Hume	Weekly - Deepdene Park Playground
Fridays	9:00 – 10:00	F 74	Energetic Walkers – Friday Group	Michelle Trevorrow	Weekly – White Avenue, Kew.

PHYSICAL EXERCISE COURSES					All with appropriate protocols
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<i>Overall Coordinator of Exercise Courses – TBA</i>					
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Mondays	10:30 – 12:30	F 75	Tai Chi – Sun 31, Yang 18 Fan & Wu Style	Suzie Wong	Weekly – Main Hall
Mondays	2:00 – 3:00	F 76	Yoga	Mahes Karuppiiah-Quillen	Weekly – Zoom
Tuesdays	10:00 – 11:15	F 78	Chinese 8 Brocades	Noel Manikkam, Elaine Chin, Yen Thomson & Manfred Siebentritt	Weekly – Main Hall
Tuesdays	1:15 – 2:15	F 79	Chiball	Bhavna Patel & Joan Cooper	Weekly – Zoom
Wednesdays	9:30 – 10:30	F 80	Tai Chi & Qigong	Eddie Chew	Weekly – Deepdene – Main Hall
Wednesdays	10:45 – 11:45	F 81	MORNING Line Dancing	Suzie Wong	Weekly – Main Hall
Wednesdays	12:00 – 1:00	F 82	AFTERNOON Line Dancing	Suzie Wong	Weekly – Main Hall
Fridays	9:30 – 10:30	F 83	Yoga – Continuing A & B	Bhavna Patel & Jan Beards	Weekly – Zoom

<b>TENNIS, TABLE TENNIS</b>					<b>All with appropriate protocols</b>
Thursdays	1:30 – 3:00	F 84	Social Tennis	Helen Boer	Weekly – Greythorn Park Tennis Club
Fridays	12:10 – 1:40	F 86	Table Tennis <b>MP</b>	Marg Pont	Weekly – Deepdene – Main Hall
Fridays	1:45 – 3:15	F 87	Table Tennis <b>KG</b>	Karyn Golumbeck	Weekly – Deepdene – Main Hall

<b>PAID FOR EXERCISE COURSES – TERM 3, 2025</b>					<b>The charge for each course will be \$52 - \$64 and this must be paid with your enrolment. Classes will usually have 8 sessions in Term 4 2025.</b>
<i>Coordinator of PFECs – Jenny Cash</i>					
Day	Time	#	Title	Tutor	
Mondays	8:45 – 9:45	F 91	Active Movers	Ed Wakeham	Weekly – Deepdene Main Hall
Mondays	1:30 – 2:30	F 92	Balance & Strength for Men	Tom Scott	Weekly – Stradbroke Park Pavilion
Tuesdays	2:45 – 3:45	F 93	Classical Ballet	Kalman Warhaft	Weekly – Deepdene Main Hall
Thursdays	10:00 – 11:00	F 94	Zumba Gold	Zanriela Vasileska	Weekly – Deepdene Main Hall
Thursdays	12:00 – 1:00	F 96	Strength & Balance for Independence (SBIN)	Sue Winkler	Weekly – Deepdene Main Hall
Thursdays	1:15 – 2:15	F 97	Balance & Strength 2	Sue Winkler	

## PAID FOR EXERCISE COURSES – TERM 4 2025

Co-ordinator – Jenny Cash

**Paid for Exercise Classes are presented by trained professional instructors under contract to U3A Deepdene. The charge made to members covers the cost of employing these trainers and purchasing and maintaining equipment. All our trainers are experienced and have a particular affinity with, and competence in, assisting older people achieve appropriate levels of fitness. Classes run weekly during term time. Classes do not run on public holidays and where possible a replacement class will be offered on the same day of the week during the following vacation.**

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

Enrolments are accepted on line, in order of receipt, with payment online by credit card or at the office with EFTPOS

### **F 91    *Active Movers*** *Ed Wakeham, The Y*

Begin your week in the healthiest way possible! This is a strength-enhancing class at intermediate level. It will include a combination of cardio exercises such as simple aerobics, gentle jogging, sideway skipping, and activities using therabands, balls and weights. The aim is to improve balance, core strength and flexibility. In the second half of the session participants will exercise on their own mat using body weight and equipment to increase resistance.

Group size restricted to 20

Cost for tuition: \$52 per term, paid in advance

Mondays        8:45 – 9:45        Weekly

*Main Hall, Deepdene Uniting Church*

### **F 92    *Balance and Strength for Men*** *Tom Scott, (The Y)*

This is a balance and strength exercise program for older men. Balance is addressed through exercises with a greater range of equipment than is available in the Main Hall at Deepdene Uniting Church. Strength is enhanced using weights. Participants can approach activities from various entry levels under the guidance of the trainer. All activities contribute to developing core strength and becoming more flexible. Provision for light cardio is also made.

Group size restricted to 20

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

Mondays        1:30 – 2:30        Weekly

*Stradbroke Park Pavilion*

### **F 93    *Classical Ballet*** *Kalman Warhaft, Principal Melbourne Institute of Dancing*

This class is designed for older people, both those who have never danced before and those who danced when they were younger. Reawaken memories and relive the joy of once again moving gracefully to glorious classical music.

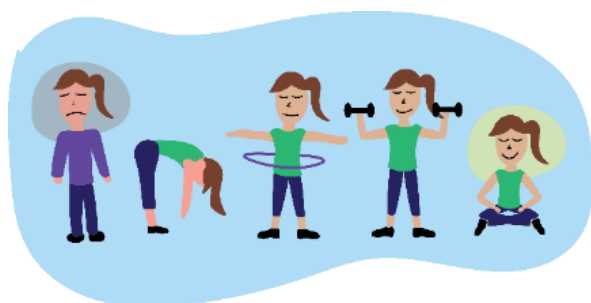
Group size restricted to approximately 25

Cost for tuition: \$52 per term, paid in advance

Note dates        October 7, 14, 21, 28, November 11, 18.

Tuesdays        2:45 – 3:45        Weekly

*Main Hall, Deepdene Uniting Church*<sup>1</sup>



F 94 Zumba Gold

**There will be only ONE Zumba Class in Term 4**

*Zanriela Vasileska  
From The Y*

This low-impact dance fitness class perfect for beginners of all fitness levels and **active older adults** who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave empowered and feeling strong.

Group size restricted to 25

Cost for tuition: \$52 per term, paid in advance

Thursdays **10:00 – 11:00** Weekly

*Main Hall, Deepdene Uniting Church*

**F 96 Strength and Balance for Independence (SBIN)**

*Sue Winkler, The Y*

This class aims to assist participants gain and maintain the core strength, balance and flexibility required to live independently, confidently and safely. With Sue's expert training and encouragement, and your commitment, you can expect to make significant improvement! This class is for you if you notice it is getting harder to get out of a chair or you would rather not have to get up from the floor. Join this class and have fun optimistically proving it does not have to be downhill for seniors.

Group size restricted to 18

Cost for tuition: 10 sessions - \$64 per term, paid in advance

Thursdays **12:00 – 1:00** Weekly.

*Main Hall, Deepdene Uniting Church*

**F 97 Balance and Strength 2**

*Sue Winkler The Y*

This is a balance and strength exercise program for older adults. This class is at a more advanced level and requires greater entry level agility, strength, and balance.

Group size restricted to 20

Cost for tuition: 10 sessions - \$64 per term, paid in advance

Thursdays **1:15 – 2:15** Weekly

*Main Hall, Deepdene Uniting Church*



**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)

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, packing up and cleaning 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.

# LITERATURE & FILM

Co-ordinator: Bev Knowles

**In 2025, we anticipate that the Literature groups will be conducted at the venues as noted. If an alteration is required, an email will be sent to those enrolled.**

## **F 01 Reader's Rendezvous**

Leader: Patricia Lele

Rather than discuss a set book, each participant introduces a book of their choice and presents it for a few minutes. Discussion ensues as other participants might have read that book, or another by the same author - or one with related themes. There is always a range of fiction and non-fiction books, a variety of perspectives on the theme - and plenty of discussion.

Mondays 1:30 – 3:00

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

*Zoom*

## **F 02 Alston Readers**

Leader: Jan Beards

This is a friendly group who meet to discuss books written by a variety of authors in diverse times and settings, as suggested by group members.

Books can be newly released, winners of awards, or old favourites which on 'revisiting' and, with the benefit of hindsight and discussion, a different perspective is gained.

Each member has the opportunity to lead the discussion of the book which they have suggested for that month.

Books chosen are available from local libraries and members enjoy reading authors already known to them as well as those they may not have previously read.

Mondays 1:30 – 3:00

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

*Alston Halls, Deepdene Uniting Church*

## **F 03 Exploring History in Fact and Fiction**

Leader: Kamoya Peterson

This group is for people who enjoy reading any kind of historical fiction. Members suggest titles but discussion is not limited to these. The focus includes our views on different styles, approaches and locations as well as general questions such as the extent to which we are concerned about historical accuracy and what we get from historical fiction writing as distinct from other genres and 'straight' history

Tuesdays 1:00 – 3:00

2<sup>nd</sup> Tuesday in the month (once per term)

**Term 4 date – November 11**

*Stradbroke Park Pavilion*

## **F 04 '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 1:00 – 3:00

**3<sup>rd</sup> Tuesday of the month – Balwyn Park**

*Balwyn Park Centre*

## **F 05 Terra Australis book group**

Leader: Fiona Malcolm

Join our (new in 2024) book group where we will be reading and discussing books written by Australians and/or books set in Australia. Each term we will read one non-fiction and one fiction title. The book to be discussed will be chosen at the previous meeting. New members will be sent the title of the first book to be read in Term 4 as soon as possible after enrolment.

Wednesdays 10:00 – 11:30

1<sup>st</sup> Wednesday in the month. None in December

*Alston Halls, Deepdene Uniting Church*

## **F 06 Reading Great Literature**

Leader: Christine Watters

In class we read and discuss works of great literature from the past 3,000 years.

We will be reading *An Officer and a Spy*, by Robert Harris, which is the story of Alfred Dreyfus, French military officer, who was convicted of treason and sentenced to Devils Island in the Caribbean where he spent many years.

Thursdays 12:00 – 1:30 Weekly

*Alston Halls, Deepdene Uniting Church*

## **F 07 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

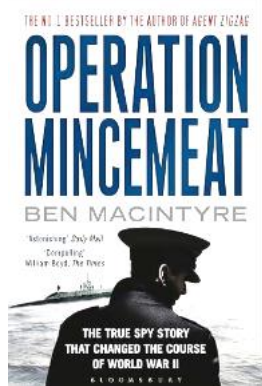
1<sup>st</sup> Thursday in the month

*Balwyn Park Centre*

## F 08 Men's Book Group

Leader: John Kidman

Our book for Term 4, 2025, kindly selected by Phil Harmsworth, is "**Operation Mincemeat**" by Ben Macintyre. Operation Mincemeat was the most successful wartime deception ever attempted, and certainly the strangest. It hoodwinked the Nazi espionage chiefs, sent German troops hurtling in the wrong direction, and saved thousands of lives by deploying a secret agent who was different, in one crucial respect, from any spy before or since - he was dead. The deception started in a windowless basement beneath Whitehall. It travelled from London to Scotland to Spain to Germany. And it ended up on Hitler's desk.



Ben Macintyre, bestselling author of *Agent Sonya*, *The Spy and the Traitor* and a number of other best sellers, weaves together private documents, photographs, memories, letters and diaries, as well as newly released material from the intelligence files of MI5 and Naval Intelligence, to tell for the first time the full story of Operation Mincemeat.

Thursday 2.00pm – 3.30pm  
27 November

**Term 4 date** November 27

*Balwyn Park Centre*

## F 09 Biography Book Group

Leader: Susie White

In Term 4 we will read about a woman who had a major impact on international diplomacy over the last century.

Written by Sonia Purnell and published in 2024, the book is entitled **Kingmaker : Pamela Churchill Harriman's astonishing life of Seduction, Intrigue and Power.**

*Much of what she did behind the scenes to shape the twentieth century, on both sides of the Atlantic, remained invisible. That is, until now: with a wealth of fresh research, Sonia Purnell unveils for the first time the full, spectacular story of how Harriman left an indelible mark on the world today.*

I look forward to discussing this book with you all.

Thursday 2:00 – 3:30

Dates will be published each term

**Term 4 date** November 20

*Zoom*



## FILM GROUPS

### F 10 Film Group - Monday Film Group

Leaders: Kathy Wilton & Jan Tuckwell

This film group is held at a local cinema.

Each member can choose from one of 3 assigned films, followed by optional lunch at a local cafe. This is a social gathering and discussion of the film (s) is limited as we are in a public facility.

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

### F 11 Film Appreciation – Thursdays

Leader: Mike Muntisov

Each month we will meet to discuss two selected films. Many selections will be quality foreign-language films. You watch the films at home for free on SBS-on-Demand or the Kanopy on-line streaming service.

*We will discuss different aspects of the films including direction, screenplay, cinematography, acting etc.*

Prerequisites:

- An interest in films, but no special knowledge of film making required.
- Ability to access SBS-on-Demand movies.
- Internet access and membership of Boroondara, or similar library, to access Kanopy streaming service. (We will review Kanopy access in the first session).

Thursdays 1:40 – 3:30

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

*Balwyn Park Centre*



## MUSIC Keyboard

### **F 14** *Beginner Keyboard – continuing group*

Keyboard/piano for beginners on Zoom

Leader: *Margaret Wu*

This is a continuation of the 2024 class. Participants are assumed to have some basic knowledge of reading music notations. Participants will receive a pre-recorded video lesson on a piece of music, and the classes will meet via Zoom every second week to share playing, discussions/questions, and review of progress. Music will be provided.

Mondays 3:30 – 4:30 Weekly

*Zoom and private study*

*Zoom every second week*

## MUSIC Recorders

### **F 15** *Alto Technique 1*

Leader: *Yvonne Clarke*

*This Course will not run in Term 4 2025.*

Wednesdays 10:00 – 11:30 Weekly

### **F 16** *Recorder Class – Intermediate/Advanced Recorder Skills (via Zoom only)*

Leader: *Jacqui Harrison*

Expressions of interest are being sought from new players who would like to join an existing group of learners who are developing a range of more advanced technical and artistic skills for both solo and ensemble playing. This is not an ensemble class – please see F 17 Recorder Group - Intermediate Ensemble. This is a continuing course for intermediate players with established music reading skills, experience playing both C and F fingering systems and a commitment to regular attendance and practice. Students will study intermediate/advanced skills, technical exercises and repertoire across a range of genres. Students will require their own instruments, a portable music stand and a display folder with plastic pockets (preferably black). Other materials will be supplied. Prospective students should contact the office to register their interest in this class before attempting to register online. The leader will make contact to ascertain suitability of experience for entry to this class. Advice can be provided regarding purchase or potential hire of new or second-hand instruments.

Minimum standard: Intermediate/Upper Intermediate

Maximum participants: 6-8

Tuesdays 10:00 – 12:00 Weekly

*Zoom*

## MUSIC

### Recorder Ensembles:

In many Music classes, the tutors arrange photocopied materials. You will be asked for a contribution to cover the cost of this.

#### **F 17 Recorder Group – Intermediate Ensemble**

*Leader: Jacqui Harrison*

Membership of this group affords the opportunity to experience the pleasure and excitement of ensemble playing. For students with established music-reading skills and 3+ years' experience learning/playing the recorder in an individual and/or group or ensemble setting. Experience in playing both 'C' and 'F' fingering systems is advantageous, but not essential. Players will develop ensemble skills and focus on repertoire in 4-8 parts across a range of genres. Students will require their own instrument/s, a portable music stand and a display folder with plastic pockets (preferably black). Other materials will be supplied. New members should make contact with the leader prior to enrolment to discuss suitability of standard and experience for this group and which instrument (brand/model) is appropriate for use. The ensemble is currently seeking experienced alto and bass recorder players.

Minimum standard – Experienced Intermediate.

Maximum: 28 - 30 participants

Fridays 9:15 – 10:45 Weekly

*Stradbroke Park Pavilion (and Zoom)*

#### **F 18 Recorder Group – Advanced Ensemble**

*Leader: Viv Spencer*

*Group co-ordinator: Pam Jagger*

This is a group for advanced players with musical experience. Participants are expected to be familiar with both c and f instruments, and have good sight-reading ability. The group plays music from the Renaissance and Baroque through to the Contemporary era, written or arranged for recorder ensembles.

We aim to achieve beauty of tone and a cohesive ensemble while enjoying the conversation of the music as we aim to reach performance standard.

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

Maximum enrolments – 17 participants

Fridays 11:00 – 12:30 Weekly

*Stradbroke Park Pavilion*

## MUSIC

### Violin and other string instruments

#### **F 19 String Orchestra: Violin, Viola and Cello**

*Leader: Margaret Wu*

We have two string orchestra classes with more experienced players (at about AMEB grades 2-3 level) at 10am, and less experienced players at 11am. Margaret will also provide some technical support at 12pm. We are open to violinists, viola players and cellists. Music will be provided

**Enrol in this course and**

**Margaret will inform you of the time for your class!**

Fridays 10:00 – 11:00 Weekly – More experienced

Fridays 11:00 – 12:00 Weekly – Less experienced

Optional technical help 12:00

*Alston Halls, Deepdene Uniting Church*

# PRACTICAL and CREATIVE ARTS

Co-ordinator: Lois Heycox

## F 21 Exploring Watercolour

Leader: 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 each term

*Alston Halls, Deepdene Uniting Church*

## F 22 Introduction to Drawing

Leader: Christine Leuner

**NOT in Term 4**

## F 23 Slow Stitching & Beyond

Leader: Anne Semple **New Participants welcome**

For absolute beginners and those more experienced, or even those just curious, surprise yourself with your creativity as you experience the process of Slow-Stitching - playing with bits of fabric and hand-stitching them together as the mood and interest take you.

Plain and simple, large or small, you could embellish your pieces with beads, buttons, lace and embroidery, or not at all.

Basic techniques are demonstrated, and guidance is provided as needed; we learn from each other too.

Inspiration and experimentation might lead your hand-stitching beyond the basics. You might like to apply your skills and develop different techniques - even machine stitching as appropriate - to do or make something more purposefully. This could include ornamentation of garments, bags and other items; making fabric books and small cases; creating fibre art works of different kinds, gift cards and so forth.

**Something already on the go?**

**Bring it along and we'll stitch together.**

Tuesdays 10:30 – 12:00

Term 4 dates: October 21 & 28, November 18, December 2

*Balwyn Park Centre*

## F 24 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.

Wednesdays 1:30 – 3:00

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

*Balwyn Park Centre and the great outdoors!*

## F 25 Painting and Drawing

Leader: 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 – 11:00 Weekly

*Balwyn Park Centre – Garden Room*

## F 26 Quilting

Leader: Jean Dunn

This is a friendly and supportive group with a wide variety of ability and experience. There are a limited number of beginners' places which can be accessed by arrangement with the class leader.

Thursdays 1:45 – 3:15 Weekly

*Balwyn Park Centre – Garden Room*

## F 27 Photography Group

Leader: Karin Watts

We meet at various locations on alternate Mondays at 10:30 and then share our photos via zoom on Thursdays at 9.30. On every second Thursdays at 9.30 we will also continue with a theme based on topics around our home and neighbourhood. The course is suitable for enthusiastic photographers of all abilities using a camera or phone. It is not intended as a camera technology course, although limited assistance is available, and feedback is given in a supportive, friendly group.

Members who can't attend the venues on the Monday may choose to do so in their own time or share similar topic photos on the Thursday.

Monday locations will be notified via our planner and where possible will be accessible via public transport or car pooling.

Your enrolment covers for the Monday and, Thursday, activities but you can choose which you attend.

**Mondays** 6, 20 October, 3, 17 November, 1, 8 December at 10:30am. - *Various locations*

**Thursdays** 9.30 – 11.00am for a weekly – *Zoom session*

Term dates & venues will be advised early in the new year.

First outing Monday February 3



## ACKNOWLEDGEMENT OF COUNTRY

We respectfully acknowledge the Wurundjeri Woiwurrung People of the Kulin Nation, and their Elders past and present and future,

who are the Traditional Owners of the land on which U3A Deepdene is located.

We are honoured to recognise our connection to Wurundjeri Country, history, culture and spirituality through this location.

We also acknowledge the Traditional Owners of lands across Australia, their Elders, Ancestors, cultures and heritage.

## EXTENDING YOUR THINKING

Co-ordinator: Ilza Dulmanis

### **F 28 Duplicate Bridge**

*Co-ordinators: Meredith Corbet, Peter Bailey & Simon Harris*

Duplicate Bridge welcomes players who have a basic understanding of the rules and conventions of Bridge (Standard American Five Card Major bidding system). Players must also have had experience playing Duplicate Bridge. To join us, it is not necessary to have an established partner. Players should arrive by 9:30 in order to commence play at 9:45.

Mondays 9:30 – 12:00 Weekly  
*Balwyn Park Centre*

### **F 29 The Mind in Meditation**

*Alain Romary*

The objective is to help participants settle their wild and distracted minds, using an integration of methods. Progressively learn to meditate using a Mantra, an Object, and “watching” the Breath.

Other aspects and topics are presented for self-reflection, understanding body and mind reactions, and to deal with unresolved personal issues and feelings. Relevant papers are emailed.

Become an independent daily meditator and take on a journey of personal lifetime healing and changes toward internal happiness. Active participation is voluntary. New participants are asked to join a 1/2 hour introduction just before their first class, to initiate them to join into the main group.

Meditators welcome.

Mondays 10:00 – 11:15 Weekly  
*Zoom*

**Please choose either F 30 OR F 31**

### **F 30 Current Affairs and Politics - Mondays**

*Ilza Dulmanis and others*

This session will consist of a short background presentation on a current issue, by a member of the group. Some sessions may have one or two presentations followed by discussion. The members of the group select the topics for discussion. Participants are asked to read and share with the class news items from Daily, Weekly or Monthly publications of your choice.

Mondays 9:45 – 10:45 Weekly  
*Zoom*

**Please choose either F 30 or F 31**

### **F 31 Current Affairs and Politics - Mondays**

*Tony Foran and others*

A discussion group for topical issues in current affairs and politics across local, national and international issues. The objective is to understand wider viewpoints and broader analysis of one or two topics per class. Leaders will facilitate discussion with background material and/or presentations. However, members are encouraged to suggest, share and preferably present on topics drawn from publications of their choice.

Mondays 11:00 – 12:00 Weekly  
*Balwyn Park Centre*

**F 32 Chess**

Anne Whittenbury, Manfred Siebentritt, U3A Deepdene

Please join Anne and Manfred on Monday mornings to enjoy a game of chess or learn how to play.

Chess sets will be provided by U3A Deepdene.

Mondays 11:30 – 1:00 Weekly

*Stradbroke Park Pavilion, cnr Burke and Harp Roads*

**F 33 Scrabble**

*Self Guided, U3A Deepdene*

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

Tuesdays 1:00 – 3:00 Weekly

*Balwyn Park Centre, Garden Room*

**F 34 Eastern Style Mahjong**

*Swee Wah Mak, Michelle Chee, Elaine Chin*

Come along and join us for an afternoon of Eastern Style Mahjong. We are a new group and will be accepting people of all abilities.

Wednesdays 12.30pm – 3.00pm Weekly

*Stradbroke Park Pavilion*

**F 35 Trivia**

*Val Little, U3A Deepdene*

This very enjoyable activity will continue in Term 4, providing members assist with creating the questions!.

Come along, join our local 'Hot Seat' team. Just knowing one answer could help your team win a chocolate, as well as having some fun.

Wednesdays 1:30 – 3:00

First Wednesday each month during the Term

*Balwyn Park Centre*

**F 36 Investing**

*Ken Parker, U3A Deepdene*

We are unlike many other U3A groups in that we are dynamic. We can't predict way in advance what we will be discussing - it depends on what is going on in the market and that changes day by day.

Each of us has some investments – usually listed securities but also including bonds and bank deposits. (Property, art works and the like are beyond our remit.) These investments are usually in a super fund or family trust or maybe held in an individual name. Investing in securities may be under our direct control or allocated to a fund manager or an ETF. In many cases these portfolios are our main source of income.

If you want to gain a better feel for the markets and a better understanding of investment jargon, this group is for you.

We are scheduled to meet at 1:30 PM on the 3rd Wednesday of each month. The agenda for each meeting is normally agreed at the end of the previous one.

Wednesdays 1:30 – 3:00

Third Wednesday each month during the Term

*Balwyn Park Centre*

**F 37 Politics and Current Affairs - Thursdays**

*Rhonda McCaw and others*

Each week, participants are invited to bring along current topics from various media outlets for discussion. Drawing on the lived experience of participants, and where possible, background information on issues, the group hopes to improve our knowledge and understanding of current affairs. Members from diverse backgrounds and views are very welcome.

Thursdays 10:00 – 11:30 Weekly

*Zoom*

**F 38 Jewish Scriptures and Writings**

*Dina Burgess*

This year we will study selected verses from the Torah (Genesis to Deuteronomy) to try to understand concepts that underpin Jewish ethics and continue to be of great importance to societal wellbeing today. Topics will include: free will and God's role in history; idolatry and the problem of evil; war and peace; affluence and human hubris; gratitude and the sin of joylessness; and stewardship of God's gifts. Discussions will reference the Hebrew Prophets, the Psalms, the books of Job and Ecclesiastes, plus the writings of sages and rabbis from the Talmud (e.g. Hillel and Shammai), through medieval times (e.g. Ibn Ezra and Moses Maimonides), to the modern era (e.g. Martin Buber, the late Rabbi Lord Jonathan Sacks) and current Israeli and Australian thinkers.

Most sessions will begin with a segment called "Israel matters", with updates about events in Israel and the Jewish world. Jewish religious festivals will also be highlighted as they occur during the year.

The course is for non-Jewish people, and will suit both new and returning participants. In keeping with Jewish tradition, questions and discussion are welcome, the only requirement being mutual respect. This is a year-long course, conducted on Zoom, weekly on Wednesdays, from 10.30 am to 12.30 pm.

**The course is hosted by U3A Waverley, with members of other U3As also participating.**

Enrolment for Deepdene members is through U3A Deepdene.

Wednesdays 10:30 – 12:30 Weekly

*Zoom*

**F 39 The 'New Scientist' discussion Group**

*Richard O'Brien, Barb Darvall & Margaret Sheppard*

Join this group once a fortnight to share and discuss the articles in the **New Scientist** weekly journal, chosen by members of the group.

There is much to discuss with new ideas and new data. These contribute to this being one of the most fertile eras ever of scientific discovery. The **New Scientist** always clearly compares our previous thinking with the new.

Fridays 9:15 – 10:45

2<sup>nd</sup> & 4<sup>th</sup> Fridays of the month

*Balwyn Park Centre*

**F 40 Cryptic Crosswords**

*Graham O'Rourke and others*

Join this group of keen, active cryptic cross-worders for a challenging morning. Participants will share their expertise.

Fridays 9:30 – 11:00 Weekly

*Zoom*

**F 41 Social Philosophy**

*Dawn Heffernan*

This course will cover a wide range of topics including: Brain science and the mind-body problems; consciousness; political philosophy; 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*

**F 42 Mahjong**

*Caryl Hogg, Wendy Stewart*

Come along and join us for an afternoon of Mahjong. We play the Western version and can only accept people who can play, as lessons are not available.

Fridays 1:00 – 3:00 Weekly

*Stradbroke Park Pavilion*

## HISTORY AND TRAVEL

### **F 43 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.

Mondays 10:00 – 12:00 Weekly

*Balwyn Park Centre and Zoom*



### **F 44 Historic Melbourne Walks**

*Co-ordinator: Beth Perrigo*

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 at 8.00pm on the Friday preceding the walk. The first 20 or so members to reply to this email will be given a place.**

All walks will be in areas accessible by public transport.

Tuesdays 10:00 – 12:00

### **F 44 Historic Melbourne Walks**

Co-ordinator: Beth Perrigo

Tuesdays 10.00am – 12 noon

1<sup>st</sup> and 3<sup>rd</sup> Tuesdays each month during Term time.

#### **TERM 4:**

October 21 – Malvern

***Celia Dynon***

November 18 – Clunes

***John Manton***

December 2 – Dockland Sculpture and Iconic Buildings

***Janie Gibson***

## F 45 World History Presentations/Workshops

Leader: Tom Padula

This course is a series of Presentation/Workshops. Also suitable for U3A participants for a one off or more Session Topics. All welcome. No Textbooks required. A good mobile phone is recommended for this class.

### First 4 weeks of each term

Wednesdays 11:30 – 12:30

*Balwyn Park Centre*



## F 46 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.

**This is an opportunity for us to enjoy travel experiences. It does not include political, cultural, or socio-economic observations.**

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

*Zoom and at Balwyn Park Centre (theatre style)*

## F 46 Travel – Term 4

*Pam O'Brien – Coordinator*

**October 17** A medley of UK experiences  
**Sue Steegstra**

**October 24** Outback Queensland – part 4  
**Geoff Deason**

**October 31** Cape York & the Torres Strait by air  
**Victor Caune**

**November 7** Bucketlist Bibliotourism – Part 2  
**Fiona Malcolm**

**November 14** Mississippi Delta by Greyhound bus  
**Trish Lele**

**November 21** To the land of the Midnight sun: Oslo to Tromso and Bergan  
**John Manton**

**November 28** Exploring geological features across southern Australia  
**Beth Perrigo**

**December 5** The Spice Islands  
**Victor Caune**

**Fridays 11.30am – 1.00pm**

**Zoom**

***and at Balwyn Park Centre (theatre style)***

## WINE APPRECIATION

### F 47 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 lovely group for a wine tasting and enjoy a variety of wines, led usually by members of the group.

We are all amateurs!

Members will be asked to bring a plate of finger food to share. The cost of the wines will be determined by the number of people actually attending on the evening.

It is anticipated that this will be approximately \$20 to \$30 per person per session.

Once numbers attending are confirmed (and attend) and

sufficient quantities of wine are able to be purchased, we can then advise the final cost.

A roster will be generated to assist with setting-up and clearing-away.

In 2025, the meetings will be held at BALWYN PARK CENTRE on the FOURTH Wednesday each month.

Time: 7:00 – 9:00

Generally Wednesdays 7:00pm – 9:00pm

**TERM 4 DATES – October 22, November 26**

# 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 email us at [deepdeneu3amembership@gmail.com](mailto:deepdeneu3amembership@gmail.com) 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 2025

Co-ordinator: Denise Bray

### **F 48** *Very Beginners French* **NEW in 2025** *Ellaine Downie, Denise Bray*

This is a course for absolute beginners, for those who have never had the opportunity to learn French or only reached Year 7 standard at high school.

This course will focus on listening and understanding, speaking with the correct pronunciation, reading and writing, as well as aspects of French culture.

**Texts: BBC Talk French 1 Kit, Book and CD.**  
**SBN19781406679007**

Tuesdays 10:00 – 11:00 Weekly  
*Stradbroke Park Pavilion*

### **F 49** *Elementary French* *Ilsa Rose*

This is a continuing class for those enrolled in this class in 2024.

Basic communication and grammar, covering everyday situations such as shopping, food, leisure etc. will be involved while also touching on cultural background. Taking part in the presentation of dialogues will be encouraged.

There will be regular follow-up homework each week. Some places may be available for new students after discussion with the tutor.

**TEXTS: Vite et Bien 1, A1-A2, 2nd edition. Claire Miquel**

Mondays 1:30 - 3:00 Weekly  
*Balwyn Park Centre*

### **F 50** *Lower Intermediate French* *Ellaine Downie*

This French class is for students who have already completed 2-3 years of French study in a community education setting. There maybe one or two places available in 2025.

Students should be able to:

- . introduce themselves or someone else
- . ask and answer basic questions about home, family, surroundings etc
- . be familiar with verbs in the present, future and past tense

This class will encourage writing good French with an emphasis on acquiring excellent pronunciation, listening skills and improving confidence in speaking French.

The course also aims to develop an understanding of French culture.

Mondays 10:00 – 11:15 Weekly  
*Stradbroke Park Pavilion*

### **F 51** *Intermediate French A* *Ian Adams*

This is a continuing class for those enrolled in this class in 2024

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

Some places may be available to new students.

Fridays 9:45 – 11:15 Weekly  
*Balwyn Park Centre*

**F 52 Intermediate French B**  
*Ian Adams*

This is a continuing class for those enrolled in this class for the last year.

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 53 Intermediate French C**  
*Denise Bray*

This is a continuing class for those enrolled in this class for this last year. Some places may be available for new participants.

Knowledge of basic grammar and use of the present tense, passé composé, imparfait, pluperfect, future tenses as well as the conditional mood 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 last year.

Thursdays 2:00 – 3:30 Weekly

*Alston Halls, Deepdene Uniting Church*

**F 54 Intermediate French E**  
*Sandra Masel*

This is a continuing class for those enrolled in this class in 2024.

Participants 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 1:30 – 3:00 Weekly

*Balwyn Park Centre*

**F 55 Upper Intermediate French A**  
*Denise Bray*

This is a continuing class for those enrolled in this class for the last year. Some places may be available for new participants.

Knowledge of basic grammar, including use of the present, passé composé, imparfait, pluperfect and future tenses as well as the conditional and subjunctive moods, is necessary. Willingness to participate in conversation and simple class discussions is essential. There may be some homework.

**TEXT: *To be advised***

Wednesdays 1:30 – 3:00 Weekly

*Alston Halls, Deepdene Uniting Church*

**F 56 Upper Intermediate French B**  
*Denise Bray*

This is a continuing class for those enrolled in this class for the last year. Some places may be available for new participants.

Knowledge of basic grammar, including use of the present, passé composé, imparfait, pluperfect and future tenses as well as the conditional and subjunctive moods is necessary. Willingness to participate in conversation and simple class discussions is essential.

There may be some homework.

**TEXT: *To be advised***

Mondays 1:30 – 3:00 Weekly

*Horrie Watson*

**F 57 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, unless a replacement tutor is available.

Thursdays 10:00 – 11:30 Weekly

*Stradbroke Park Pavilion*

## FRENCH ACTIVITIES

**F 59 French Conversation (at a Local Café)**  
*Linda Marshman*

This group meets at a Balwyn cafe to enjoy speaking French in an informal manner. There is no expectation of erudite conversation or contentious debate.

Members from Intermediate level upwards with some ability to converse in French on a simple everyday basis are welcome.

There are just two rules:

- no English conversation (until the last 20 minutes when some members may wish to revert to English)
- no apologising for your French skills (the purpose of the group is to allow members the opportunity to extend their oral French abilities).

Fridays 3:00 – 4:30 Weekly

*Café in Balwyn or nearby*

*This is in the Short Courses Program.*

*Check it out under Miscellaneous Activities*

**S 65 Oral French Intermediate and Advanced**

*Marlene Oppenheim, U3A Deepdene*

Practise your spoken French while having fun playing impromptu word games in a friendly, non-competitive environment. Every participant will be actively involved. As you will need to draw on your existing knowledge of the language this class is recommended for intermediate and advanced levels.

Tuesdays 11.30am – 12.30pm

Two sessions in Term 4

October 21; December 2

Stradbroke Park Pavilion

*These two sessions are a “Taster”. If sufficient interest, Marlene will run the course fortnightly in 2026.*

## ADDITIONAL LANGUAGE CLASSES

Would you like to tutor an additional language class?

Do you know someone who would like to tutor an additional language class?

We will be happy to hear of any offers!

Please send an email to [u3adeepdeneinc@gmail.com](mailto:u3adeepdeneinc@gmail.com)

## ITALIAN CLASSES

Co-ordinators – Helena Dunn

### **F 60** *Beginner Italian 1*

*Helena Dunn*

This course is designed for the absolute beginners in the Italian language. It would also be useful for those planning a trip to Italy who would like to learn some basic phrases.

Topics to be covered will include pronunciation of the alphabet, asking for information, booking a room and ordering food in a restaurant. The Arrivederci 1 course covers a range of topics of cultural interest, focussing on grammar knowledge, reading comprehension and vocabulary for conversation.

Textbook:

\*Federica Colombo et al – Arrivederci! 1 (Beginners ) for English speakers with Students' book and Workbook (available with a discount from Language International 13 – 15 Station Street, Kew East, Vic 3102)

Tuesdays 9:00 – 10:15 Weekly

*Balwyn Park Centre*

### **F 61** *Beginner Italian*

*Tom Padula*

A class for near beginner Italian students.

This immersive class will follow an innovative approach. Sessions will involve some basic vocabulary and grammar, introduced through the use of plays and songs and will include cultural elements.

Text Books will be used in the classes.

There may be some regular follow-up homework each week.

Wednesdays 10:00 – 11:00 Weekly

*Balwyn Park Centre*

### **F 62** *Italian 3: Italian Beginners 3+*

*Rosa Stewart*

This course is suitable for those who have had at least one or two years of U3A or other Italian study.

Course will include some revision and a gradual progression of grammar knowledge, conversation, reading comprehension and cultural aspects.

Textbooks:

\*Maria Valgimigli - Living Italian: A Grammar Based Course (retain from 2024 if a U3A student)

\* Joseph Cremona - Buongiorno Italia ( retain from 2024) BBC 1996 + editions

(available with a discount from Language International 13 – 15 Station Street, Kew East, Vic 3102)

Tuesdays 9:15 – 10:15 Weekly

*Horrie Watson Pavilion*

### **F 62 C** *Italian 6: Continuing Italian*

*Helena Dunn*

Course is suitable for those who have had at least three years of U3A or other Italian study.

Course will be geared to the wishes and interests of the class members and include some grammar revision. The *Arrivederci 2* course covers a range of topics of cultural interest, focussing on increasing grammar knowledge, reading comprehension and vocabulary for conversation.

Textbooks:

\*Maria Valgimigli - Living Italian: A Grammar Based Course (retain from 2023)

\*Federica Colombo et al – Arrivederci! 2 for English speakers with Students' book and Workbook (available with a discount from Language International 13 – 15 Station Street, Kew East, Vic 3102)

Tuesdays 10:30 – 12:00 Weekly

*Horrie Watson Pavilion*

## SPANISH CLASSES

Co-ordinator – Anne Morrison

### **F 63** *Spanish – Continuing beginners*

*Elvira Cifaratti*

This 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 – 11:30 Weekly

*Balwyn Park Centre*

### **F 64** *Spanish Intermediate*

*Aurora Chighine*

This class is for members who have completed at least 300 hours of tuition in an adult environment. This class will continue to help students develop more effective communication skills in Spanish. Speaking, reading, writing skills are developed. Students are encouraged to purchase

the book *Complete Spanish Step by Step* by Barbara Bregstein. Grammar forms an integral part of the classes.

There is also an emphasis on cultural aspects of all the countries where Spanish is spoken.

Fridays 1:30 – 3:00 Weekly

*Zoom*

### **F 65** *Spanish 6*

*Anne Morrison and others*

This class is for members who have completed at least 500 hours of tuition in an adult environment. From time-to-time members are encouraged to prepare an article or news item for the class and to lead the discussion. **Each week a class member will take responsibility for the class.** (All members are expected to participate in discussions)

Emphasis is on developing each one's conversation skills.

Reading, listening and grammar are integral to classes.

A short novel or short stories will be studied during the year. Once a term when classes are normal, we have a film in Spanish.

Mondays 10:30 – 12:00 Weekly

*Alston Halls*

## EXERCISE – PHYSICAL

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

- ▶ A signed disclaimer, accepting personal responsibility for their participation.

The 'Pre-exercise screening tool' and the personal disclaimer pro forma will be emailed to all members early in the year.

### WALKING GROUPS

Overall Walks Co-ordinator: 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.

Even if there is a waiting list, add your name because sometimes extra participants can be included! Watch for an email.

Members may only enrol in **one Monday Group and/or one Wednesday Group.**

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

#### **F 66 Hearty Walkers – Mondays**

Co-ordinator: Wendy Stewart

Mondays 9:00 – 10:00 Weekly

*Starting Point: Victoria Park, Kew*

#### **F 67 Energetic Walkers – Mondays**

Co-ordinator: Chris Sartori

Mondays 9:00 – 10:00 Weekly

*Starting point: Stradbroke Park*

#### **F 68 VERY Energetic Walkers – Mondays**

Co-ordinator: Michelle Trevorrow

Mondays 9:00 – 10:00 Weekly

*Starting Point: Boroondara Park Canterbury*

#### **F 69 Rambles – near and far \*\***

Co-ordinator: Beryl & Richard Hume

Tuesdays 9:30 – 1:30 4<sup>th</sup> Tuesday each month during term time

*Details follow*

#### **F 70 Hearty Walkers – Wednesdays**

Co-ordinator: Wendy Stewart

Wednesdays 9:00 – 10:00 Weekly

*Starting point: Stradbroke Park*

#### **F 71 Energetic Walkers – Wednesdays**

Co-ordinator: Pam McDill

Wednesdays 9:00 – 10:00 Weekly

*Starting point: White Avenue, Kew*

#### **F 72 Easy strolling for slow walkers \*\***

Co-ordinator: Anne Gordon

Thursdays 10:00 – 11:00 Weekly

*Starting Point: Maranoa Gardens – Paring Road*

*Details follow*

#### **F 73 Brisk Walkers – Thursdays**

Co-ordinators: Beryl & Richard Hume

Thursdays 9:00 – 10:00 Weekly

*Starting point: Deepdene Park Playground adjacent to tram stop 44 (109 tram)*

#### **F 74 Energetic Walkers – Fridays**

Co-ordinator: Michelle Trevorrow

Fridays 9:00 – 10:00 Weekly

*Starting point: White Avenue, Kew*

***Walks starting at 8:30 through summer will change to 9:00 in winter. Leader will inform participants as necessary.***

## \*\* WALKING GROUPS in 2025

Adding to the wide range of walking groups which we already have, these two will continue in 2025:

### \*\* F 72 *Easy strolling for slow walkers*

Co-ordinator: *Anne Gordon*

Thursdays 10:00 – 11:00 Weekly

Stroll/walk for an hour around Maranoa Gardens. Members are welcome to discuss with Anne the suitability of this course for them.

Thursdays 10:00 – 11:00 Weekly

*Starting Point: Maranoa Gardens – Paring Road*

### \*\* F 69 *Rambles – near and far*

Co-ordinators: *Beryl and Richard Hume*

A series of easy-paced 10 - 12 kilometre urban walks, mostly on formed paths and trails, but could include rougher tracks with some ups and downs.

During the four- hour rambles, there will be stops for rest breaks and lunch, and time to observe scenery, architecture, historical features, flora, fauna, etc.

Information about the ramble, start and finish points, transport and lunch arrangements etc, will be emailed to enrolled members during the week prior to each ramble. Participants are encouraged to offer to lead a ramble of their own choice.

Tuesdays 9 30 am – 1 30 pm  
4<sup>th</sup> Tuesday each month during Term time

Term dates 2025

Term 4 – October 28, November 25

## EXERCISE CLASSES

**These exercise classes are all led by members of U3A Deepdene who are volunteers. There are no charges to members for these classes.**

### F 75 *Tai Chi Sun 31, Yang 18 Fan & Wu style*

*Suzie Wong*

Tai chi is an ancient Chinese teaching of living in harmony with nature, both within and around us. It consist of sequential series of self-defence techniques, postures designed and developed to connect the mind to our physical body. Qi gong (simple repetitive movements) and Tai Chi are based on the same essential principles.

Emphasis is on self-awareness, relaxation, flexibility, physical and mental balance. It is moving mindfully in continuous, free flowing, relaxed and graceful movements.

This class includes Qi Gong warmup, Sun Style short form, Yang style 18 fan and practise of Wu style 119 form.

Preference will be given to those who have done Tai Chi previously.

Group size limited to 25 – NOTE TIME

Mondays 10:30 – 12:30 Weekly

*Main Hall, Deepdene Uniting Church*

### F 76 *Yoga*

*Mahes Karuppiah-Quillen*

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

The exercises are gentle, aiming to improve flexibility and strength.

**This class will be on Zoom.**

Group size limited to 25

Mondays 2:00 – 3:00 Weekly

*Zoom*

### F 78 *Chinese 8 Brocades with stretch & abs*

*Noel Manikkam, Elaine Chin, Yen Thomson & Manfred Siebentritt,*

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. The classes incorporate tai chi, Qigong 18 forms and Yi Jin Peng (stick). In this class, we will start with warm up and stretching. Suitable for beginners or anyone who likes to exercise.

Group size limited to 25

Tuesdays 10:00 – 11:15 Weekly

*Main Hall, Deepdene Uniting Church*

### F 79 *ChiBall*

*Joan Cooper and Bhavna Patel*

ChiBall is a mind-body exercise and wellness programme that is based on the principles of traditional Chinese Medicine. A ChiBall class combines the modalities of Tai Chi-Qi Gong, dance, yoga, pilates, Feldenkrais and relaxation/meditation with inspiring music.

There are ten ChiBall colours and they have corresponding fragrances.

The options of sitting in a chair is available for any exercises done lying on the floor.

Please have your own mat and ball. Balls can be ordered from Joan Cooper.

**This class will be on Zoom.**

Group size limited to 20

Tuesdays 1:15 – 2:15 Weekly

*Zoom*

**F 80 Tai Chi – & Qigong**  
Eddie Chew

**Tai Chi 24 Form**

Tai Chi 24 is a short form and was created to help beginners learn the basics before proceeding to the advanced levels of Tai Chi. There are many forms of Tai Chi and the 24 form is based on Yang Style Tai Chi. The program starts off with warm up exercises and each lesson progresses with demonstration and hands on instruction on how to execute each form. The 24 form takes about 5-6 minutes to complete and the main benefits for seniors include increased balance control, upper and lower body flexibility and increased mental focus.

**Sun 32 Form**

Sun style tai chi short form consists of 32 movements. Sun style is characterised by smooth, circular movements and gentle transitions between poses without the use of force. Typical follow-step is the main characteristic of the form. Sun style focuses on health with emphasis on balance and flexibility. This gentle form is ideal for seniors

**Tai Chi Fan 18 Form**

Fan 18 Form, which is based on Yang Style is a short form and it takes 2-3 minutes to complete. It is ideal for beginners, the movements are smooth and graceful, and a joy to perform. It has many benefits for the general health, by improving coordinating hand, eye and feet movements. The gentle movements of the Fan routine allow anyone to practice and learn it easily. The program starts off with warm up exercises and each lesson progresses with demonstration and hands on instruction on how to execute each movement.

**Qigong: Lotus qigong and Ba-Duan-Jin (Eight Brocades) and Shi Ba Shi 18**

Simple qigong exercises with breathing which will connect the body, mind and boost Qi energy for the body.

Group size limited to 25

Wednesdays 9:30 – 10:30 Weekly

*Main Hall, Deepdene Uniting Church*

**F 81 Line Dancing – Morning**

*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.

Group size limited to 25

Wednesdays 10:45 – 11:45 Weekly

*Main Hall, Deepdene Uniting Church*

**ONLY ENROL FOR ONE LINE DANCING GROUP**

**F 82 Line Dancing – Afternoon**

*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.

Group size limited to 25

Wednesdays 12:00 – 1:00 Weekly

*Main Hall, Deepdene Uniting Church*

**F 83 Yoga – Continuing A & B**

*Jan Beards and Bhavna Patel*

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 class at U3A Deepdene is conducted on ZOOM by two of our members who are skilled yoga practitioners who have undertaken training as tutors.**

The ancient practice of yoga is more than a set of exercises but rather a pathway to connect the body, mind and spirit to obtain physical and mental wellbeing. In this class we will utilise postures, slow rhythmical breathing techniques, mindfulness and guided meditation to promote strength and flexibility as well as to improve balance and sleep, and better manage stress.

All members are welcome – postures can be modified as necessary to accommodate differing levels of fitness and physical flexibility

You will need to have your own yoga mat. Practice in bare feet is encouraged but if this is not comfortable, non-slip socks should be worn.

Group size limited to 35

Fridays 9:30 – 10:30 Weekly

*Zoom*

## TENNIS

**F 84 Social Tennis**

*Helen Boer*

Are you an intermediate 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, for people who are not members of the Greythorn Park Tennis Club, to be paid in cash on the day. Balls are not supplied, but players will take turns to organise balls. Not suitable for beginners. You must attend regularly to remain on the list.

Thursdays 1:30 – 3:00 (approx.) Weekly

*Greythorn Park Tennis Courts*

## TABLE TENNIS

Table Tennis Co-ordinators: Marg Pont, Karyn Golumbeck

**F 86 & F 87 Table Tennis**

*Co-ordinators: 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. Limit 20 per group. You may only enrol in ONE group

**F 86 – MP** - Fridays 12:10 – 1:40 Weekly

**ONLY ENROL FOR ONE TABLE TENNIS GROUP**

**F 87 – KG** – Fridays 1:45 – 3:15 Weekly

*Main Hall, Deepdene Uniting Church*

## EXERCISE CLASSES – Paid for classes

These are listed separately on page 4 & 5 of this document.

Enrolments for ALL Full Year Courses must be done online



## OUR VENUES

**In 2024, our venues will be open to all members. Density limits will still apply.**

*On our website, there is a section VENUES. There you will find descriptions 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.
  
- ◆ **Main Hall, 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.



## Important information about ENROLMENTS in:



News & Views  
Short Courses  
Technology Courses  
Full Year Courses

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


The updated Term 4, 2025 Program will be online by Monday September 8 and enrolments will be open then.

**At the beginning of the vacation, the office will be open  
9:30 – 12:00noon on Monday September 15**

If you do not have an email account, you will need to post a list of the courses you wish to attend to:  
**PO BOX 3149, COTHAM POST OFFICE, KEW, 3101.**

**The Office will be open before Term 4, 2025 starts:  
Friday October 10  
10.00am – 12.00noon**

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 the 'Member Access'  button.  
This will take you to MyU3A and you can use your ID and Password, to access On Line Member Services.  
If you have forgotten your password, phone 0408 019 815.

**If you need help, send an email (anytime) to [u3adeepdeneinc@gmail.com](mailto:u3adeepdeneinc@gmail.com)  
or phone 0408 019 815  
and someone will assist!**



Office and main meeting rooms:

Balwyn Park Centre, Balwyn Park,  
206A Whitehorse Road, Balwyn, 3103  
(see page 21 for other venues)

Postal Address:

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

Phone:

9817 7736 during office hours or 0408 019 815 after hours

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

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