



FULL YEAR COURSES 2026

Overall co-ordinators – Lois Heycox & Jenny Cash

2026 term dates:

- Term 1 Monday February 2 – Friday March 27
- Term 2 Monday April 27 – Friday June 19
- Term 3 Monday July 20 – Friday September 11
- Term 4 Monday October 12 – Friday December 4

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 1 2026 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 2026 FULL YEAR COURSES – YOU WILL NEED TO CHECK DETAILS OF ALL COURSES

LITERATURE & FILM GROUPS					
<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 st Monday of month – Zoom
Mondays	1:30 – 3:00	F 02	Alston Readers	Jan Beards	4 th Monday of month – Deepdene
Tuesdays	1:30 – 3:00	F03	Exploring History in Fact and Fiction	Kamoya Peterson	March 10 – Stradbroke Park
Tuesdays	1:30 – 3:00	F 04	“Whodunits”	Roz Berman	3 rd Tuesday of month – Balwyn Park
Wednesdays	10:00 – 11:30	F 05	Terra Australis book group	Fiona Malcolm	1 st 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 st Thursday of month – Balwyn Park
Thursdays	2:00 – 3:30	F 08	Men’s Book Group	John Kidman	March 12 – Balwyn Park Centre
Thursdays	2:00 – 3:30	F 09	Biography Book Group	Susie White	March 19 – Zoom
Mondays	TBA	F 10	Film Group	Kathy Wilton, Jan Tuckwell	3 rd Monday of each month – TBA
Thursdays	1:40 – 3:30	F 11	Film Appreciation	Mike Muntisov	1 st Thursday of month – Balwyn Park

MUSIC COURSES					
<i>Overall Coordinator of Music Groups – TBA</i>					
Mondays	1.30 – 3.00	F 12	Singing for Pleasure – The Choir	Stuart Shearman	Weekly – Main Hall - Deepdene
Wednesdays	9:45 – 11:15	F 15	Alto Technique 1	Yvonne Clarke	Weekly – Stradbroke Park Pavilion
Tuesdays	10:30 – 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

PRACTICAL ART COURSES					
<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 23	Slow Stitching & Beyond@ Balwyn Park Centre –	Anne Semple	1 st & 3 rd Tuesdays of the month – Balwyn Park Centre
Wednesdays	1:30 – 3:00	F 24	En Plein Air	Helena Dunn	4 th 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

EXTENDING YOUR THINKING					
<i>Overall Coordinator of Thinking Groups – Ilza Dulmanis</i>					
Mondays	9:30 – 12:00	F 28	Duplicate Bridge	Meredith Corbet, Helen Christie & 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 – 12:15	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	Beverley Walsh	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	TBC	1 st Wednesday – Balwyn PC
Wednesdays	1:30 – 3:00	F 36	Investing	Ken Parker	3 rd 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	Judaism and the Jewish people	Dina Burgess	Weekly – Zoom
Fridays	9:15 – 10:45	F 39	The New Scientist discussion group	Richard O’Brien and a team	2 nd & 4 th 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 and others	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 st & 3 rd Tuesdays - various venues
Fridays	11:00 – 12:30	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 th Wednesday each month – BPC

LANGUAGE COURSES					
<i>Overall Coordinator of French classes – Denise Bray</i>					
Tuesdays	10:00 – 11:00	F 48	Very Beginners French	Ellaine Downie, Denise Bray	Weekly – Stradbroke Park Pavilion
Mondays	10:00 – 11:15	F 49	Lower Intermediate French A	Ellaine Downie	Weekly – Stradbroke Park Pavilion
Mondays	1:30 – 3:00	F 50	Lower Intermediate French B	Ilsa Rose	Weekly – Balwyn Park Centre
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
Wednesdays	1:30 – 3:00	F 54	Upper Intermediate French A	Denise Bray	Weekly – Deepdene
Mondays	1:30 – 3:00	F 55	Upper Intermediate French B	Denise Bray	Weekly – Horrie Watson
Thursdays	10:00 – 11:30	F 56	Advanced French	Michel Beuchat	Weekly – Stradbroke Park Pavilion
Fridays	3:00 – 4:30	F 57	French conversation at a local café	Linda Marshman	Weekly – Local Café
Tuesdays	11.30 – 12.30	F 58	Oral French Practice for intermediate & advanced French speakers	Marlene Oppenheim	Monthly – Stradbroke Park Pavilion Term 1 – February 17 & March 17
<i>Overall coordinator of Italian classes – Helena Dunn</i>					
Tuesdays	9:00 – 10:15	F 60	Beginner Italian 2	Helena Dunn	Weekly – Balwyn Park Centre
Tuesdays	9:15 – 10:15	F 61	Italian Conversation	Rosa Stewart	Weekly – Horrie Watson Pavilion
Tuesdays	10:30 – 12:00	F 62	Italian 6 – Continuing Italian	Helena Dunn	Weekly – Horrie Watson Pavilion
<i>Overall coordinator of Spanish classes – ???</i>					
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	This course will not be offered in Term 1	

WALKING GROUPS					All with appropriate protocols
<i>Overall Coordinator of Walking Groups – Wendy Stewart</i>					
Mondays	9:00 – 10:00	F 66	Hearty Walkers – Monday Group	Wendy Stewart	Weekly – Victoria Park, Kew
Mondays	8.30 – 9.30	F 67	Energetic Walkers – Monday Group	Chris Sartori	Weekly – Stradbroke Park Pavilion
Mondays	8.30 – 9.30	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 th Tuesday in the month
Wednesdays	9:00 – 10:00	F 70	Hearty Walkers - Wednesday Group	Wendy Stewart	Weekly – Stradbroke Park Pavilion
Wednesdays	8.30 – 9.30	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	8.30 – 9.30	F 74	Energetic Walkers – Friday Group	Michelle Trevorrow	Weekly – White Avenue, Kew.

PHYSICAL EXERCISE COURSES					All with appropriate protocols
<i>Overall Coordinator of Exercise Courses – TBA</i>					
Mondays	10:15 – 12:45	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 Karuppiyah-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

TENNIS, TABLE TENNIS					All with appropriate protocols
Thursdays	1:30 – 3:00	F 84	Social Tennis	Helen Boer	Weekly – Greythorn Park Tennis Club
Wednesdays	1:30 – 3:00	F 85	Wednesday Table Tennis	Pierre Ah Ching	Weekly – Deepdene – Main Hall
Fridays	12:10 – 1:40	F 86	Table Tennis MP	Marg Pont	Weekly – Deepdene – Main Hall
Fridays	1:45 – 3:15	F 87	Table Tennis KG	Karyn Golumbeck	Weekly – Deepdene – Main Hall

PAID FOR EXERCISE COURSES – TERM 1, 2026					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 1 2026.
<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 – continuing	Zanriela Vasileska	Weekly – Deepdene Main Hall
Thursdays	12:00 – 1:00	F 96	Strength & Balance for Independence (SBIN)	Sue Winkler	Weekly – see listing for dates
Thursdays	1:15 – 2:15	F 97	Balance & Strength 2	Sue Winkler	Deepdene Main Hall

PAID FOR EXERCISE COURSES – TERM 1 2026

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*

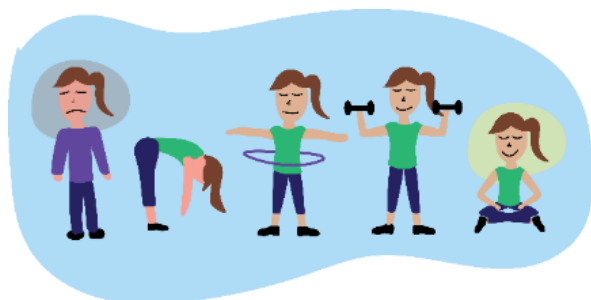
This class is designed for older people, both those who have never danced before and those who danced when they were younger. Reawaken memories and relive the joy of once again moving gracefully to glorious classical music.

Group size restricted to approximately 25

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

Tuesdays 2:45 – 3:45 Weekly

*Main Hall, Deepdene Uniting Church*¹



F 94 Zumba Gold – continuing

Zanriela Vasileska
From The Y

This low-impact dance fitness class is perfect for members who have participated in previous classes. New **fit folk** will be welcome.

This is a Zumba® class that recreates the original moves you love.

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, strength, 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 20

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

There will be 9 classes in Term 1 – starting on January 29, finishing on April 2.

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 slightly more advanced level and requires greater entry level agility, strength, and balance. With Sue’s expert training and encouragement, and your commitment, you can expect to make significant improvement!

Group size restricted to 20

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

There will be 9 classes in Term 1 – starting on January 29, finishing on April 2.

Thursdays 1:15 – 2:15 Weekly

Main Hall, Deepdene Uniting Church



DEEPDENE
UNIVERSITY OF THE THIRD AGE

E-mail: u3adeepdeneinc@gmail.com

Website: 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

1st 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

4th 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 1:30 – 3:00

2nd Tuesday in the month (once per term)

Term 1 date – March 10

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 1:30 – 3:00

3rd Tuesday of each month

Balwyn Park Centre

F 05 Terra Australis book group

Leader: Fiona Malcolm

Join our 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. Members will be sent the title of the first book to be read in Term 1 as soon as possible after enrolment.

Wednesdays 10:00 – 11:30

1st Wednesday in the month

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.

In 2026 we will read *Crime and Punishment* by Dostoevsky.

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

1st Thursday in the month

Balwyn Park Centre

F 08 Men's Book Group

Leader: John Kidman

Our Men's Book Group meets once each term to discuss a book selected and introduced by one of our members. We take turns choosing the book and leading the discussion, ensuring a variety of themes, subjects, and styles. While non-fiction titles are often favoured, no genre is excluded — this approach gives us the opportunity to step beyond our usual reading preferences and discover new ideas, authors, and perspectives.

Our Term 1 2026 book, kindly selected by Graham Morey-Nase, is *Killing for Country: A Family Story* by David Marr.



This book is a gripping reckoning with the bloody history of Australia's frontier wars. David Marr was shocked to discover forebears who served with the brutal Native Police in the bloodiest years on the

frontier. *Killing for Country* is the result – a soul-searching Australian history.

This is a richly detailed saga of politics and power in the colonial world – of land seized, fortunes made and lost, and the violence let loose as squatters and their allies fought for possession of the country – a war still unresolved in today's Australia.

Thursday 2.00pm – 3.30pm

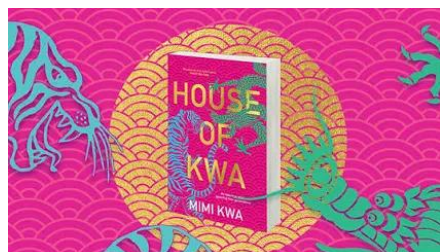
Term 1 date March 12

Balwyn Park Centre

F 09 Biography Book Group

Leader: Susie White

Our book for Term 1 2026 will be *House of Kwa* written by Mimi Kwa, noting this is an epic true story spanning four generations. In the opening praise for the book, Mike Munro writes: *From the back streets of China to war-torn Hong Kong to an Australian family struggling with the past and with mental illness, this heroic saga encapsulates what makes us the multicultural nation we are today.*



I look forward to a stimulating discussion of this book written by a woman who lives in Melbourne with her family.

Thursday 2:00 – 3:30

Dates will be published each term

Term 1 date March 19

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

3rd 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

1st Thursday in the month

Balwyn Park Centre



MUSIC Singing

F 12 *Singing for pleasure – Our Choir*
Leader *Stuart Shearman, U3A Deepdene*



Everyone needs to sing! Singing is good for you!
Come and join us to sing in a fun, relaxed environment, in unison and in parts. No auditions involved. But extremely helpful if members can read music and have a good sense of pitch. NEW members will be welcome!
Music selected will depend on the vocal abilities and types of voices of the members. There will be a charge for music (approx. \$5 per term). This should be paid to the class monitor when requested. We will be led by Stuart Shearman and accompanied by Helen Thomas, U3A Deepdene.
We meet weekly – Mondays 1.30pm – 3.00pm

Let's keep the choir going and who knows what we may achieve!!

Main Hall, Deepdene Uniting Church

MUSIC

Beginner Keyboard –NOT IN TERM 1 2026 – Maybe Piano
Keep an eye on emails.

MUSIC Recorders

F 15 *Alto Technique 1*
Leader: *Yvonne Clarke*

Come and learn how to play this lovely instrument and learn the language of music in an encouraging setting.
This is a progressive class, which requires commitment to attendance and practice. Graduates go on to play in a large ensemble as the world of music opens up to them.
We will play on the alto which is quite easy on the ear.
Please contact the leader to discuss the purchase of both the correct instrument and e-book used in the course.

Wednesdays 9:45 – 11:15 Weekly
Stradbroke Park Pavilion

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 10:30 – 12:00 Weekly
Zoom

MUSIC

Recorder Ensembles:

In most 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 ensemble playing experience.

Participants are expected to be familiar with both c and f instruments, with an ability to swap instruments when requested, together with good sight-reading skills.

The group plays music covering a wide range of genres from the Renaissance through to the Contemporary era, written and arranged for recorder ensembles.

We aim to achieve a cohesive ensemble as we work towards 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. 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 – 11:15 Weekly – More experienced

Fridays 11:30 – 12:30 Weekly – Less experienced

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 22A Introduction to Drawing

Leader Christine Leuner

F 22B Exploring Art

Leader Shirley Silverstein

Not in Term 1 – keep an eye on emails!!

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 1 dates: February 3, 17, March 3, 17

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

4th 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 group with a wide range of expertise ranging from beginners to skilled and all are happy to share everything they know about quilting.

Beginners are welcome - indeed we have group members who arrived as novices and are very able quilters now.

Come and take a look.

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

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, Helen Christie & 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 – 12:15 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. Beginners will be accepted, providing they are prepared to commit to referencing a website which sets out the basic legitimate moves for each of the 12 different pieces -- moves that have to be individually memorized. We'll then show you how to apply those moves for success. 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

Beverley Walsh, U3A Deepdene

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

You can bring along a friend to see if they'd like to join!

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 friendly group and will be accepting people of all abilities.

Wednesdays 12.30pm – 3.00pm Weekly

Stradbroke Park Pavilion

F 35 Trivia

TBC, U3A Deepdene

This very enjoyable activity will continue in 2026, 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 Judaism and the Jewish People

Dina Burgess

In the Bible, Moses instructs the Israelites to “choose life” (Deuteronomy 30:19). In 2026 we will seek to understand how this principle has shaped the Jewish people for more than three millennia - through the lens of Jewish beliefs, ethics, and practices, Jewish history and communities, and Jewish contributions to civilization. Our studies will include a diversity of disciplines - from theology, history and archeology to sociology and music. Most sessions will begin with a segment called “Israel matters”, providing information about current events in Israel and the Jewish world. Jewish religious festivals will be highlighted as they occur during the year. The course is for non-Jewish people and is designed to suit both new and returning participants, with commentary by Jewish sages and rabbis selected to be new and thought-provoking for everyone. In keeping with Jewish tradition, questions and discussion are welcome, the only requirement being mutual respect.

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 twice a month 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

2nd & 4th Fridays of the month

Term 1 dates: February 13, 27, March 13, 27

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 and others

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-20th century.

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

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

Mondays 10:00 – 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

1st and 3rd Tuesdays each month during Term time.

TERM 1:

February 3 – Balwyn

Matthew ETTY-Leal

February 17 – Kew

Des Roman

March 3 – Surrey Hills

Alan Ray

March 17 – Malvern

Graham Ray

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 11:00 – 12:30 Weekly

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

F 46 Travel – Term 1

Pam O'Brien – Coordinator

February 6 Hidden London Gems

Sue Steegstra

February 13 Road trip to Shepparton and Griffith, including silo art

Suzanne Hume

February 20 Churches in Dublin

Beth Perrigo

February 27 Exploring Scotland: looking for Harry Potter

Jan Dods

March 6 Lake Eyre in flood

Judy Still

March 13 The Tyne to the Clyde – a journey of nature, history and engineering

John Manton

March 20 A cruise around Iceland and visits to Brussels and Bruges

Errol Muir

March 27 Travels in Portugal north of the Duoro River and east of Lisboa

Brent Campbell

Fridays 11.00am – 12.30pm

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 2026, 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 1 DATES – February 25, March 25

Balwyn Park Centre

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 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 2026

Co-ordinator: Denise Bray

F 48 Very Beginners French

Ellaine Downie, Denise Bray

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

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

Some places may be available for new students after discussion with the tutors.

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

SBN19781406679007

Tuesdays 10:00 – 11:00 Weekly

Stradbroke Park Pavilion

F 49 Lower Intermediate French A

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 2026.

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 50 Lower Intermediate French B

Ilsa Rose

This is a continuing class for people enrolled in this class in 2025. Some places may be available for new participants.

A basic knowledge of French grammar and verb tenses is required and communicating in French by taking part in the presentation of dialogues is encouraged. Themes such as family life, health, travel, sport, etc. will be covered. We will continue to extend our knowledge of grammar, vocabulary and culture. There will be regular follow-up homework each week.

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

Mondays 1:30 - 3:00 Weekly

Balwyn Park Centre

F 51 Intermediate French A*Ian Adams*

This is a continuing class for those enrolled in this class in 2025

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 the class last year. Some places may be available for new participants. Knowledge of basic grammar and use of the present tense, passé composé, imparfait, pluperfect and future tenses is necessary. Some knowledge of the conditional and subjunctive moods 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 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 55 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 56 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 57 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

F 58 Oral French practice for 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

Term 1 dates:

February 17, March 17

Stradbroke Park Pavilion

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

ITALIAN CLASSES

Co-ordinators – Helena Dunn

F 60 *Beginner Italian 2*

Helena Dunn

This course is designed for beginners in the Italian language. It follows from Beginners Italian in 2025 and is also suitable for those with a basic knowledge who would like to refresh their knowledge or those planning a trip to Italy who would like to learn some basic phrases.

Topics to be covered will include asking for information, hobbies, travelling in Italy, 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).

Mention that you are a member of U3A Deepdene.

Tuesdays 9:00 – 10:15 Weekly

Balwyn Park Centre

F 61 *Italian Conversation*

Rosa Stewart

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

The focus of the course is on conversation and developing fluency. The textbook *Viaggiamo in Italia* is designed to encourage conversation and consists of topics of cultural interest for discussion with creative activities and exercises. There is some grammar connected to each topic but the focus of this course is on communication. Mention that you are a member of U3A Deepdene.

Textbook:

* Anna Barbierato and Katja Motta - Viaggiamo in Italia 1 (available from Language International 13 – 15 Station Street, Kew East, Vic 3102)

Tuesdays 9:15 – 10:15 Weekly

Horrie Watson Pavilion

F 62 *Italian 6: Continuing Italian*

Helena Dunn

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

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

Textbooks:

*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). Mention that you are a member of U3A Deepdene.)

Tuesdays 10:30 – 12:00 Weekly

Horrie Watson Pavilion

SPANISH CLASSES

Co-ordinator needed

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*

This course will not be offered in Term 1, 2026

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 8.30 – 9.30 Weekly

Starting point: Stradbroke Park

F 68 VERY Energetic Walkers – Mondays

Co-ordinator: Michelle Trevorrow

Mondays 8.30 – 9.30 Weekly

Starting Point: Boroondara Park Canterbury

F 69 Rambles – near and far **

Co-ordinator: Beryl & Richard Hume

Tuesdays 9:30 – 1:30 4th 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 8.30 – 9.30 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 8.30 – 9.30 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 2026

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
4th Tuesday each month during Term time

Term 1 – February 24, March 24

Term 2 – April 28, May 26

Term 3 – July 28, August 25

Term 4 – October 27, November 24

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 consists 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.

The last 1 hour will be dedicated to Wu style Tai chi.

Participants can decide as to how long they would like to attend; or which of the 4 parts offered suits them.

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

Group size limited to 25 – NOTE TIME

Mondays 10:15 – 12:45 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 85 Table Tennis – Wednesdays

Leader: Pierre Ah Ching

This session consists of a mix of both experienced and less experienced players.

It provides extra playing time for some experienced players who are eager to practice further their table tennis skill in addition to their usual playing time on Fridays. It is also expected that these players would give some informal advice and guidance to the less experienced.

Accordingly less experienced players including keen beginners are welcomed to join so they can learn the basic rules and skills and get informal guidance from the more experienced players although it must be stressed that this is not a one-on-one coaching.

It is expected that beginners would learn from watching and guidance and practice with other fellow attending members.

Wednesdays 1:30 – 3:00 Weekly

Main Hall, Deepdene Uniting Church

F 86 & F 87 Table Tennis – Fridays

Co-ordinators: Marg Pont and Karyn Golumbeck

Players of a basic standard of ability and more advanced players are invited. Regular attendance is recommended. Participants should wear casual dress and shoes with soles that will not mark the floor. Limit 22 per group. You may only enrol in ONE Friday group

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

Only enrol for ONE FRIDAY 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 2026, 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 2026 Program will be online by Monday December 1 and enrolments will be open then.


**At the beginning of the vacation, the office will be open
9:30 – 12:00noon on Monday December 8**

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 1, 2026 starts:

**Friday January 30
10.00am – 12.00noon**

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

Website: www.u3adeepdene.org.au