



TERM 1 2026 PROGRAM GUIDE

Monday 2 February – Friday 27 March

Our prime concern is the wellbeing of all members: those who are keen to attend face-to-face sessions and those who would prefer to use Zoom.

The program has been developed to provide opportunities both for face-to-face sessions and for sessions delivered through Zoom.

This Program Guide is in three parts:

- News and views (N & V)
- Short courses (S)
- Visits and outings (V)

Full Year Courses 2026 is a separate document.

Enrolments for ALL courses must be done online – see page 28, or phone for assistance.

CONTENTS

Number	Type of course	Page
N & V	News and Views	2
<i>Short courses – overall coordinator Short Course Program - Judy Still</i>		
S 01 – S 09	The Arts and Architecture – coordinator Lois Heycox	3
S 10 – S 12	Gardens – coordinators Suzanne Collings, Helen Page	8
S 13 – S 15	Health and Medicine – coordinators Margaret Phillips, Andrew Roberts	10
S 16 – S 20	Science – coordinator John Cavedon	11
S 21 – S 33	History and Culture – coordinator Dan Rabinovici (assisted by Vince Giuca)	13
S 34 – S 36	Literature – coordinator needed!	17
S 37 – S 39	Music and Dance – coordinator Fiona Malcolm	19
S 40 – S 47	Perspectives on Society – coordinator Vince Giuca (assisted by Dan Rabinovici)	20
S 48 – S 49	After Retirement – coordinator needed!	22
S 50 – S 57	Technology – coordinator Errol Muir	23
S 58 – S 61	Miscellaneous Activities – coordinator Jenny Cash	25
V 01 – V 02	Visits and outings	27

Office and main meeting rooms:

Balwyn Park Centre, Balwyn Park
206A Whitehorse Road, Balwyn 3103
(See page 12 and our website for other venues)

Postal address:

PO Box 3149, Cotham PO, Kew 3101

Phone:

9817 7736 if office open. Otherwise 0408 019 815

Office hours:

Mondays to Fridays, 9.00am to 12 noon during term time

Email: u3adeepdeneinc@gmail.com

Website: www.u3adeepdene.org.au

NEWS & VIEWS

2026 Term 1

Thursdays 12.00 - 1.15pm (AEDT)

Via ZOOM

or viewed at Balwyn Park on large screen

Presentations: 40 minutes followed by Q&A via Zoom 'Chat' facility

Our aim is to encourage the exploration of ideas in an open, safe & mutually respectful environment

Views expressed by presenters are their own & not the official view of U3A Deepdene

Date	Focus of Presentation	Presenter
5 February	<i>TRUMP'S PRESIDENCY: The State of Play</i>	Bruce Wolpe: Senior Fellow – Non-resident United States Study Centre University of Sydney
12 February	<i>Exploring the 'SPORTS INTEGRITY' Can of Worms</i>	Dr Catherine Ordway: Sports Lawyer & Sports Integrity Consultant
19 February	<i>LATIN AMERICA & The Trump Administration: One year in!</i>	Dr Raul Sanchez-Urribarri: Associate Dean & Associate Professor Latrobe University
26 February	<i>TBA</i>	TBA
5 March	<i>The role of the MEDIA in reporting racism and racist rallies</i>	Dr Denis Muller: University of Melbourne
12 March	<i>'Fearless BEATRICE FAUST' Founder of Women's Electoral Lobby In celebration of International Women's Day</i>	Emeritus Professor Judith Brett: Latrobe University Writer & Author
19 March	<i>'GIRT BY SEA: Re-imagining Australia's Security'</i>	Professor Bec Strating Director, Latrobe Asia & Professor of International Relations Latrobe University
26 March	<i>'WOODSIDE vs The PLANET: How a company captured a country'</i>	Marian Wilkinson: Award-winning Investigative Journalist Reporter: ABC's Four Corners

N&V Team: Kay Axsentieff, Barbara Emerson, Melinda Sparkes, Hugh Bucknall, Ken Wilson

SHORT COURSES

THE ARTS AND ARCHITECTURE

Art and Architecture

S 01 *Les femmes Impressionnistes: the sisters of the brush*

*Dr Michael Adcock, Art Historian,
Academy Travel tour guide, University of
Melbourne lecturer*

‘Women of the Impressionist movement’.

Many of these women’s works are unknown, as they were eclipsed by the more-documented male Impressionists. In the 1960s and 70s more information and research rediscovered these wonderful artists. Most of the women were born into wealthy, sometimes aristocratic, families. They were encouraged in their artistic endeavours and were accepted by male artists, who encouraged and supported them in their artistic careers, such as Edgar Degas and Édouard Manet; in Australia Tom Roberts, Frederick McCubbin and many more.

Despite the social constrictions on women’s mobility, they did devise their own repertoire of subjects that would allow them to observe the social restrictions on women’s movements in public.



Wednesday 10.30am – 12 noon

4 February

Balwyn Park Centre

S 02 *Lucy Boyd Beck*

*Colin Smith, researcher on the art family,
the Boyds*

Continuing the Boyd Family Story: Lucy Boyd Beck was a member of Australia’s foremost art family, the Boyds. The first-born child of Merric and Doris Boyd, she was raised in a highly creative environment at their Murrumbena home. Lucy developed a strong sense of line in her art, which she applied to her drawing and

painting. Later, she worked with her husband, Hatton Beck, to create the highly individualistic and expressive ceramic paintings she is most remembered for. This talk includes a summary of her life and art. It is a highly visual talk, with dozens of images of her early family life, her development as an artist, and her later years. It includes many images of her art.

Colin’s beautifully illustrated book on Lucy Boyd Beck will be available for purchase for the discounted rate of \$25. Please bring cash for Colin, as the U3A Deepdene Office is not involved with this private purchase.



Wednesday 10.30am – 12 noon

11 February

Balwyn Park Centre

S 03 *Canberra Modern*

*Edward Jans, Head of GML Heritage,
Victoria*

Canberra, the national capital, was born of a shared democratic vision for ‘one nation, one people, one destiny’ and is the physical embodiment of Australia’s democratic ambition, a series of public spaces where citizens and their parliamentary representatives come together for vibrant exchange. Early 20th-century designers, Walter and Marion Griffin, designed a city that was like no other; an ideal ‘city in the landscape’ offering a new way of living to reflect the ambition of a newly federated nation.



The modernist ideals of America's City Beautiful movement influenced the growth of the city from its earliest stages of development. In particular, the post-war development boom became a laboratory for creativity, experimentation and design thinking in architecture, landscape architecture, engineering, city planning, education and culture.

Architects of the time seized the opportunity to design housing, civic buildings and urban infrastructure to populate the city. Today, development is putting pressure on the city, risking the loss of this modernist design legacy. Through event-based advocacy, community engagement, and an ethos of 'conservation through participation', Canberra Modern aims to promote protection and appreciation of the places that make an irreplaceable contribution to Canberra's urban character and designed cultural landscape.

Wednesday 10.30am – 12 noon
18 February
Balwyn Park Centre

**S 04 Rediscovering Gray Smith:
Illuminating the shadows of
Modernist art**

Shawn Callahan, award-winning author of Putting Stories to Work: mastering business storytelling; son-in-law of Gray Smith

When we think of French Impressionists, names like Monet and Renoir spring to mind; similarly, in Australian Modernism, we recall Sidney Nolan and Joy Hester. But what about the thousands of other brilliant artists? Among them stands Gray Smith (1919–1990), a pivotal yet overlooked figure in the Heide Circle. An award-winning painter and poet, Smith's vibrant works earned acclaim across Australia, France and England, with a piece even residing at MoMA. Despite his influence, Smith has been mislabelled as merely 'The Picture Framer', obscuring his true impact on Modernist art. Shawn will delve into the captivating tale of creativity and unrecognised talent.

This talk will shine a light on the obscured legacy of an important contributor to the Australian art scene, exploring why some artists remain in the shadows while others become icons.



Wednesday 10.30am – 12 noon
25 February
Balwyn Park Centre

S 05 Jo Reitze: local artist

Jo Reitze, Fellow of Victorian Artists Society, retired art coordinator at Canterbury Girls' Secondary College

Jo is in demand as a judge at many art shows in Victoria. She has run successful gouache workshops with many groups, including the Friends of the Royal Botanic Gardens. Recently Jo has received several awards and has been shortlisted in major shows: 2024 The McCubbin Prize for Best Oil Painting and Best Landscape/Seascape. In 2005 she commenced 'Jo Reitze Paints Your Garden'. Since then, she has received many garden paintings on commission.



Wednesday 10.30am – 12 noon
4 March
Balwyn Park Centre

**S 06 Remembering Raoul Wallenberg:
Duldig sculpture, Kew**

Andrew Dixon, Vice-President of Duldig Studio and President of Villa Alba Museum Inc.

Andrew Dixon is associated with Raoul Wallenberg through his work at the Duldig Studio and the Villa Alba Museum in Melbourne, where he has given presentations on the history of the Raoul Wallenberg Monument in Kew. Raoul Wallenberg was a

Swedish diplomat who led an extensive rescue of refugees during the Nazi era. Andrew will discuss the community activism behind the monument's creation and its sculptor, Karl Duldig.



Wednesday 10.30am – 12 noon

18 March

Balwyn Park Centre

Discussions

S 07 Sharing thoughts and ideas about an artwork in a thoughtful manner

Bev Steer, U3A Deepdene

Learn to explore the meaning and message of art works. Your perceptions and point of view are based on your experience and knowledge. These are shared within the friendly group. Skills of questioning, reflection and critical thinking are highlighted. Understanding others' points of view is a celebration of ideas. A different artwork is chosen each time for contemplation.

(2) Wednesdays 1.30pm – 3.00pm

11 February, 11 March (2nd Wednesday)

Balwyn Park Centre

Practical Arts

S 08 Making cards

Joan Cooper, U3A Deepdene

It is so good to receive a handmade card, realising that the sender has taken time and effort to make it for you. Come, learn and make special birthday and greeting cards for friends and family. A variety of examples is provided to copy or adapt. Led by an experienced card maker. All materials supplied.

Cost \$2 per card to cover materials (pay Joan on the day)

(2) Mondays 1.30pm – 3.00pm

2 February, 2 March

Private home

S 09 Felting

Julie Holder, U3A Deepdene

Felting wool is the process of transforming loose wool fibres into a dense, non-woven fabric by matting, condensing and pressing them together using heat, moisture and agitation – wet method. This ancient technique causes the wool fibres' scales to interlock, creating a durable, stretch-resistant material that does not fray.

Felting can be a fun craft to do with children as well as providing gifts. Items to make range from toys, jackets, glasses cases – your imagination will make it happen.

Things to bring from around the house:

Old towel

Sprinkle or strong spray bottle for water

Half-metre-square bubble wrap

Half metre of netting, e.g. tuile or lace curtain piece

Piece of soap

Rolling pin or sturdy cardboard tube

Cost \$5 per card to cover materials paid to Julie on the day/s

(2) Mondays 1.30pm – 3.00pm

9 February, 16 February

Balwyn Park Centre – Garden room

F 23 Slow Stitching and Beyond (Full Year)

Anne Semple, U3A Deepdene

Experience the conviviality and the freedom to relax as you play with bits of fabric and hand-stitch them creatively in collages as the mood and interest take you.

Plain and simple, large or small, you can embellish with beads, buttons and lace, or not at all.



Something already on the go? Bring it along and we'll stitch together.

No formal classes – share and create as we go.

(4) Tuesdays 10.30am – 12 noon

6, 20 May; 3, 17 June

Balwyn Park Centre

Visits

V 01 *St Anthony's Capuchin Friary Church, Hawthorn*

Leader: Angela Padula, U3A Deepdene

St Anthony's Capuchin Friary Church in Hawthorn is dedicated to St Anthony of Padua. It was built in the 1960s with the generous participation of the Italian community of Melbourne and is operated by the Capuchin friars.

This remarkable building captures the essence of Italian heritage through its stunning marble interiors and breathtaking artwork. The church is not just a place of worship, but also a feast for the eyes. It features a striking mosaic crucifixion behind the altar, alongside a large statue of St Anthony holding the infant Jesus, which draws admiration from all who visit.



The Capuchin friars, known for their kindness and humility, enrich the spiritual experience by providing sacramental opportunities throughout the week, including reconciliation. With its beautiful ceiling paintings and a tranquil ambiance, St Anthony's serves as a haven for those seeking solace and connection, making it a must-visit destination for worship and contemplation.

Wednesday 1.30pm – 3.00pm

18 February

Limit: 20 participants

Trams 70 and 75 go to the church or there is a car park.

V 02 *Potter Museum of Art: A Velvet Ant*

Leader: Judy Still, U3A Deepdene

Come along to see the newly renovated Potter Museum of Art. It reopened in May 2025 after being closed since 2018.

The exhibition: 'A Velvet Ant' is curated by Chus Martinez. It looks at ecology and human interaction with the environment and AI.

10.50am start: meet inside foyer of the gallery.

Potter Museum of Art

University of Melbourne

Corner Swanston Street and Masson Road
Parkville

Getting there

TRAM: The closest tram stop is at Swanston Street and Grattan Street corner (Stop 1 – University of Melbourne), a short walk from the museum. The Swanston Street trams include routes: 1, 3/3a, 5, 6, 16, 64, 67 and 72.

TRAIN: The nearest train stations are Melbourne Central, State Library and Flagstaff. From these stations you can take a tram along Swanston Street to reach the university.

Limit: 10 participants

Cost: free

Morning tea or lunch at the museum's café, "Residence", is at own expense.

Details to be arranged.

Wednesday 10.50am – 12.30pm

11 March

Potter Museum of Art

See also under History & Culture

Two lectures with Dr Michael Adcock, 19th century art historian, Academy Travel tour guide, University of Melbourne lecturer

Balwyn Park Centre

S 27 *Civilising the city: Haussmann's modernisation of Paris*

Tuesday, 17 February 1.30 pm – 3.00 pm

S 30 *The republic of pleasure: the cafés, writers, artists and singers of bohemian Montmartre (19th century)*

Tuesday, 3 March 1.30 pm – 3.00 pm

Full Year Art Courses

F 21 Exploring watercolour

Merryl Corney

Mondays 10.00am – 12 noon

First five Mondays of each term, starting 2 February

Alston Halls, Deepdene Uniting Church

F 23 Slow stitching

Anne Semple

Tuesdays 10.30am – 12 noon

1st and 3rd Tuesday each month

Balwyn Park Centre

F 24 En plein air

Helena Dunn

Wednesdays 1.30pm – 3.00pm

4th Wednesday each month

Participants will be advised of chosen sites

F 25 Painting and drawing

Gary Faul

Fridays 9.30am – 11.00am

Weekly

Balwyn Park Centre

F 26 Quilting

Jean Dunn

Thursdays 1.45pm – 3.15pm

Weekly

Balwyn Park Centre

F 27 Photography

Karin Watts

Mondays 11.00am

Various locations, fortnightly

Thursdays 9.30am – 11.00am

Weekly

Zoom

**We thank our
U3A Deepdene supporters:**



Deepdene



GARDENS

This term we have two sessions from members of U3A Deepdene telling us about gardens they love or that have left a lasting impression on them. These are going to be wonderful sessions! Prepare to be enthralled while being transported to some favourite gardens around the world.

S 10 Gardens – my favourite garden 1

Hofgarten Veitshochheim, Wurzburg, Germany

I discovered the garden of Veitshochheim while staying in the nearby town of Wurzburg in Germany; I heard that it was one of the finest Rococo gardens in Germany, so I had to see it.
Sue Woolley

Rushall Park Retirement Village, Fitzroy North

This is where I live and it is a constant visual delight, plus a place of peace and restfulness.
Judy Still



Ozponds

The garden I have only seen online, but from which I learnt how to make wine-barrel and pot ponds for adding water plants to my garden.
Janet Russell

Ayrlies, New Zealand

This garden is characterised by sweeping lawns and informal but detailed plantings by ponds and waterways, and has been described as the quintessential New Zealand garden.
Barbara Burton

Les jardins de Castillon

A garden of two acres in two different styles – French and English – with an amazing range of plants crammed into it.
Suzanne Collings

Thursday 10.00am – 11.30am
19 February
Balwyn Park Centre

S 11 Gardens – my favourite garden 2

Le Stanze in Fiore, Catania, Sicily

The garden is an extraordinary and an ever-expanding achievement, with a very current-day take on an old site, incorporating rediscovered Arab irrigation infrastructure.
Paula Grundy

Kanonas and Stronglio, Corfu

This garden sits on two peninsulas on the NE coast of the island of Corfu, Greece, overlooking the sea across to Albania. The gardeners have been inspired by the strong sense of place and the natural beauty of the wild landscape in creating this uniquely special place.
Chris Penfold

Five spring gardens near Griffith, NSW

Gardening in the Riverina is not for the faint hearted, but those who take it on can achieve results denied those of us confined to a suburban block.
Christine Georgiou

1850s cottage in Camperdown

Pam tells how a cottage in the bush adapted to the changing needs of a growing community that became the township of Camperdown in the Western District. That cottage eventually became her home for a period of time.
Pam Jellie

Belmont, Beaufort, Victoria.

JF Watkin commenced this garden in 1861. His great-granddaughter now gardens this wonderful country garden with old roses and shrubs and a large waterlily pond. Since the late 1980s the Garden History Society has conducted working bees there.
Helen Page

Thursday 10.00am – 11.30am
19 March
Balwyn Park Centre

S 12 *Some great gardens of England and Wales*

Suzanne Collings, U3A Deepdene

A quick trip around, looking at some of the memorable gardens in England and Wales with their notable design and plantings. Some of these lesser-known gardens have wonderful displays and designs with unusual features.

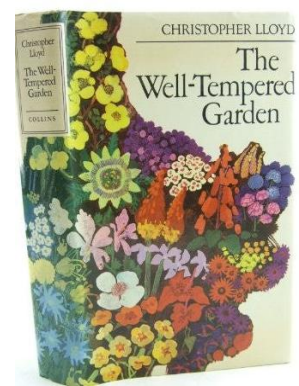


Thursday 10.00am – 11.30am

5 March

Balwyn Park Centre

See also under Literature:



S 34 *Panel discussion: Gardens and literature*

Suzanne Collings, Christine Georgiou, Trish Lele U3A Deepdene

Join three keen gardeners for a lively discussion of gardening books, followed by a friendly morning tea. Bring along a favourite gardening book to share

Thursday 10.00am – 12 noon

5 February

Balwyn Park Centre

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.

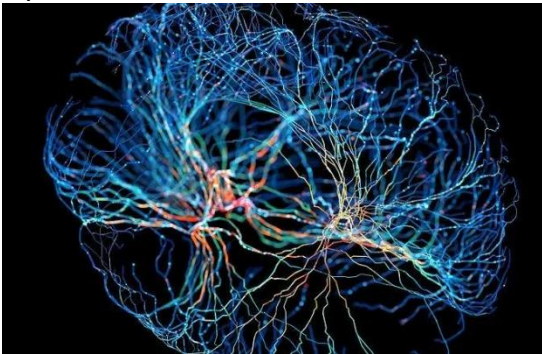
We also acknowledge the Traditional Owners of lands across Australia, their Elders, Ancestors, cultures and heritage.

HEALTH AND MEDICINE

S 13 *It's never too late to learn: the magic of neuroplasticity*

Bianca Light, neurological physiotherapist and clinical educator, Northern Health

Did you know your brain can rewire, repair, and even grow new connections—no matter your age? For much of the 20th century, scientists believed that once we reached adulthood, our brains were 'fixed' and unable to change. Today, we know that's simply not true. Our brains are wonderfully adaptable; capable of learning, healing and reshaping themselves in response to what we do, think and experience. Join Bianca, a neurological physiotherapist, for an enlightening and practical look at neuroplasticity – the science of how our brains stay flexible and resilient. You'll discover what helps keep your brain young, how lifestyle factors like sleep and exercise nurture brain health, and what modern neuroscience tells us about lifelong learning and recovery after injury.



Tuesday 10.30am – 12 noon
3 February
Balwyn Park Centre

S 14 *The pain that won't go away*

Dr Barry Slon, Specialist Management Physician, Melbourne Pain Group

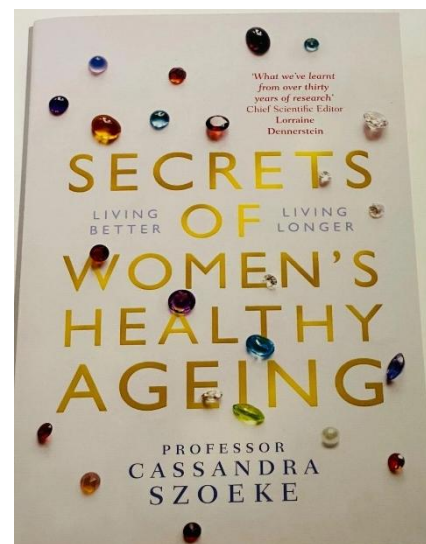
Chronic pain is a major health issue in Australia and, as people age, many experience both acute and chronic pain. What can be done to manage this pain and give a good quality of life? Dr Barry Slon will address this issue and show how a range of treatments can help alleviate 'the pain that won't go away'.

Tuesday 10.30 – 12 noon
17 February
Balwyn Park Centre

S 15 *Secrets of Women's Healthy Ageing*

Professor Cassandra Szoeké, academic, physician, researcher and scientist

Cassandra is the Director of the Women's Healthy Ageing Program at Melbourne and Monash universities. She has a wealth of knowledge, drawing on 30 years of research from over 400 women (the longest ongoing study of women's health in Australia). She has written a book to promote overall wellness and explains the key ingredients for living a long and healthy life. Whilst beginning to implement strategies in your 60s is best, it is never too late to take control of your life and live it the best way you can.



Tuesday 10.30am – 12 noon
17 March
Balwyn Park Centre

SCIENCE

S 16 Birds with 'backpacks' on Phillip Island

Dr Paula Wasiak, Australian National University

Once a common sight and sound across Victoria, the bush stone-curlew's haunting night call has grown increasingly rare, and the species is now critically endangered. In one of Australia's most innovative conservation projects, these beautiful and elusive birds will be reintroduced into the wild on Phillip Island as part of a landmark project involving local conservation teams and researchers from the Australian National University. In a creative twist, the birds are being fitted with miniature GPS 'backpacks' to track their movements and behaviour and understand how they adapt to their new environment.



Tuesday 1.30pm – 3.00pm

3 February

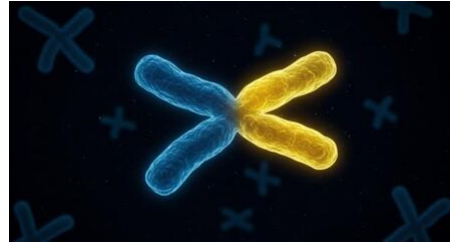
Zoom

S 17 Sexual spectrum: interplay of genetics, chemistry and society

Ilse Hempenstall, U3A Stonnington

Discover the fascinating science behind what actually shapes our sexual traits and how they show up in our lives. Ilse will take us inside the world of chromosomes and how tiny variations during cell division can make a big difference. Along the way, she will unpack how genes and sex-determining hormones interact – not just biologically, but also in shaping how we understand and experience ourselves. And

because biology doesn't exist in a vacuum, we'll also delve into the powerful role culture, social norms and our environment have in influencing these natural tendencies.



Tuesday 1.30pm – 3.00pm

10 February

Balwyn Park Centre

S 18 2026 Australian Sky Guide

Professor Nick Lomb, University of Southern Queensland

Join astronomer and author Nick Lomb, creator of the popular annual guide to the night sky for over 30 years, when he unveils the 2026 edition. In this talk, Nick shares the latest insights into our solar system and its history, along with the must-see celestial events of 2026: a total lunar eclipse; dazzling views of Mercury, Mars and Saturn; a meteor shower; a spectacular display of Venus and Jupiter; and a radiant Supermoon. With month-by-month features on planets, stars and constellations, he'll show us what to look for and where to find it, including viewing tips for city stargazers. Nick's book also includes the rich and diverse history of astronomy in Australia, including the observations of First Nations peoples.

Wednesday 1.30pm – 3.00pm

18 February

Zoom

S 19 Birding Boroondara

Pat Bingham, U3A Deepdene

For birders, any bird – in any location, especially close to a home base – is always enjoyable to record and to pass on the information to others, to encourage them to look about themselves and take more interest in their environment.

Pat will share her experiences of 'Birding Boroondara' on walks and in conversations with members of U3A Deepdene since we moved to the new headquarters in BalwynPark.



Tuesday 1.30pm – 3.00pm
 24 February
Balwyn Park Centre

Full Year Science Course

F 37 The New Scientist discussion group
 Well-informed discussions based on the reading of selected articles in the *New Scientist* weekly journal.
 (4) Fridays 9.15am – 10.45am
 2nd and 4th Friday each month
Balwyn Park Centre

S 20 The nature of reality: what's really real?

Bruno Zielke, Astronomical Society of Victoria

Ever wondered if the world around you is exactly as it seems? Are we experiencing the world as it truly is – or only through the lens of our perception? This talk delves into insights from physics, philosophy and neuroscience to challenge what we think we know about matter and consciousness. Discover how reality may be far stranger – and more interconnected – than we imagine.

Tuesday 1.30pm – 3.00pm
 24 March
Balwyn Park Centre



OUR VENUES

On our website, there is a section VENUES. There you will find descriptions, photos 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.



HISTORY AND CULTURE

S 21 **Edward 'Weary' Dunlop**

Matthew ETTY-Leal, U3A Deepdene

Colonel Sir Edward 'Weary' Dunlop, Australian of the Year 1977, was nominated as one of Australia's 200 Great Australians in 1988. An Australian surgeon, he was renowned for his leadership during World War II on the infamous Burma-Thailand railway. As author Donald Stuart stated, Dunlop became 'a lighthouse of sanity in a universe of madness and suffering'. A fellow POW commented, 'The men would do anything for him and are proud to be with him'.



Monday 1.30pm – 3.00pm

2 February

Balwyn Park Centre

S 22 **The villains**

Jone Gaillard, U3A Deepdene

History, literature, movies all celebrate the deeds of exceptional men, the heroes. But what about the bad guys? Their role is to make the heroes shine. Without them the heroes would not exist, but they don't receive anything in return: not the girls, not the money, not the fame. So let us talk about the villains and tell their stories.

(8) Tuesdays 10.30am – 12 noon

Starts 3 February

Zoom

S 23 **Russia and the Baltics**

Gerry Engwerda, U3A Albury

The Baltic states – Estonia, Latvia and Lithuania – navigated a tense geopolitical landscape shaped by the Baltics' rapid integration into Western institutions like NATO and the EU, which Russia viewed as encroachment on its former sphere of influence. While the Baltics pursued democratic reforms and market liberalisation, Russia responded with a mix of

soft power, energy leverage and coercive tactics, including cyber attacks and disinformation campaigns. Domestic challenges within the Baltics, such as fragmented politics and minority integration, made them vulnerable to Russian influence, yet they countered by strengthening security ties with NATO and investing in resilience.

Friday 9.30am – 11.00am

6 February

Zoom

S 24 **Exploring Islam in Australia**

Sherene Hassan, Director of Education and Community Engagement, Islamic Museum of Australia

Islam is one of the world's major religions, yet misconceptions about it persist. In this talk, we'll explore the core beliefs and practices of Islam, challenge common stereotypes and delve into the rich yet often overlooked history of Muslims in Australia. From early encounters with the Macassan fishermen in northern Australia to the contributions of Afghan cameleers and beyond, we'll uncover the deep roots and ongoing impact of Islam in Australian society. Join us for an informative and engaging discussion on faith, identity and history.



Wednesday 1.30pm – 3.00pm

11 February

Balwyn Park Centre

S 25 **Xi Jinping's playbook: Mao's revolution and China, 1900–1976**

Graham Morey-Nase, U3A Deepdene

Is Xi Jinping a 21st-century replica of Mao Zedong? Are his policies and behaviour modelled on Mao? This course of 16 sessions spread over four terms traces the Chinese Communist Party's rise from the collapse of Imperial China through to its seizure of power

in 1949. It will then examine the key features of Maoist China, including the Great Leap Forward and the Cultural Revolution. Our four sessions in Term 1 will focus on the years 1900 to 1930. Sessions combine short lectures, guided discussion, and source analysis. Each class will begin with a participant response to a key question or image. Readings will be provided in advance.



(4) Thursdays 10.00am – 11.30am

12, 26 February; 12, 26 March

Balwyn Park Centre

S 26 Bacchus Marsh – historic and personal

Susanne Collings, U3A Deepdene

Who was Bacchus? Is it really a marsh? And when did this charming town first take shape? In this presentation, Suzanne takes the audience on a lively journey through one of Victoria's oldest and most fascinating townships. Bacchus Marsh boasts nearly 190 years of history as a vibrant rural hub with unique access to three of Victoria's main cities: Melbourne, Geelong and Ballarat. Discover the history and why Bacchus Marsh remains one of Victoria's true gems. And, of course, this story comes with a personal note, as Suzanne was born and raised in Bacchus Marsh.

Monday 1.30pm – 3.00pm

16 February

Balwyn Park Centre

S 27 Civilising the city: Haussmann's modernisation of Paris

Dr Michael Adcock, 19th century art historian, Academy Travel tour guide, University of Melbourne lecturer

This lecture will explore the radical transformation of Paris during the Second Empire (1851–1870). With the authority of Emperor Napoleon III, Baron Georges Haussmann modernised the city, building the great boulevards, the standardised buildings and improving all urban services, especially the water supply and the sewerage system. Major monuments, such as the gorgeous Paris Opera House, were also built.

To this day, historians debate the motive for such an enormous renovation. Was it to build streets so broad that revolutionaries could no longer build barricades? Was it to create glory for an emperor who was not even able to ride a horse? Was it to build an efficient metropolis in which commerce and the economy could thrive? Was it the result of a new medical discourse focused on hygiene?



Whatever the rationale, the glittering, orderly new city enchanted the generation of Impressionist painters and still endears itself to travellers today.

Tuesday 1.30pm – 3.00pm

17 February

Balwyn Park Centre

S 28 Putin's Russia

Gerry Engwerda, U3A Albury

We all assume that whatever Putin says, goes in Russia, but how much power does he actually have and has he overplayed his hand in Ukraine? In this session we will look at how he rose to power, what he sees as Russia's place in the world and what ordinary Russians see as their future. What are the mid- to long-term problems that Russia faces and how might they cope with them?

Monday 9.30am – 11.00am

23 February

Zoom

S 29 Discovering Melbourne: Eastern Hill and the Parliamentary Precinct

Graham Ray, U3A Deepdene

Graham Ray, as a former history teacher, will share his love of the stories, buildings and personalities that have helped shape Melbourne. The talk will concentrate on the area around Parliament House, with its entertainment, religious, medical and educational buildings, along with gardens.

Monday 1.30pm – 3.00pm

2 March

Balwyn Park Centre

S 30 The republic of pleasure: the cafés, writers, artists and singers of bohemian Montmartre (19th century)

Dr Michael Adcock, 19th century art historian, Academy Travel tour guide, University of Melbourne lecturer

This lecture will provide a virtual visit to the hill of Montmartre which, during the Third Republic, became the epicentre of a vivid entertainment industry that attracted performers and audiences from around the world. The storerooms of Montmartre's windmills were transformed into dance halls, where people could listen to the gritty, rasping songs of Aristide Bruant and the biting lyrics of the outrageous Yvette Guilbert. The dancing was vigorous, earthy and occasionally indecent, but people flocked to the area just for the thrill of being shocked. The presentation will be illustrated with the works of Toulouse-Lautrec, 'the chronicler of Montmartre'. The presentation will also include rare recordings of Bruant and Guilbert in performance which, once considered lost, were miraculously rediscovered and transferred into modern technology.



Tuesday 1.30pm – 3.00pm
3 March

Balwyn Park Centre

S 31 Oops, Did I Buy That?

Gerry Engwerda, U3A Albury

Why do we always come home with more than we had on our shopping list? How do retailers and advertisers use everything from shop layout, advertising, pricing and all sorts of other subliminal influences to persuade us to stay a little longer and part with our cash? In this session we will look at how business collects data, the importance of sounds and smell and what the future of department stores might be in the age of online shopping.

Friday 9.30am – 11.00am
6 March

Zoom

S 32 Food on the go

Kamoya Peterson, U3A Deepdene

Food always tells us a lot about a society. In recent times there has been much criticism of Western eating habits, particularly the popularity of take-away food. Since the time of the pharaohs and the cities of ancient Mesopotamia, some people have made a living selling street food or take-away. Is there a real difference? Have our habits and attitudes changed much and what can we learn from the history of food on the go.

Wednesday 1.30pm – 3.00pm

11 March

Balwyn Park Centre

S 33 China's trade with the West

Gerry Engwerda, U3A Albury

Before 1911, China's trade with the West evolved from strict Imperial control under the Canton System to a foreign-dominated structure. Western powers, driven by demand for Chinese goods, clashed with Qing restrictions, leading to the Opium Wars and unequal treaties that opened ports and ceded territory. By the late 19th century, foreign nations controlled key aspects of China's trade, weakening Qing rule. This erosion, combined with internal rebellions, contributed to the 1911 Revolution and the fall of the Qing Dynasty, ending two millennia of Imperial rule.

Friday 9.30am – 11.00am

27 March

Zoom

Full Year course

F 38 Judaism and the Jewish peoples

Dina Burgess, U3A Deepdene

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 civilisation. 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 conducted on Zoom, on Wednesdays, from 10.30am to 12.30pm.

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

Enrolment for Deepdene members is through U3A Deepdene.

Zoom

F 44 Historic Melbourne Walks – Full Year

Co-ordinator – Beth Perrigo

Tuesdays 10am – 12 noon

1st and 3rd Tuesdays each month during term time

3 February – Balwyn

Matthew Ety-Leal

17 February – Kew

Des Roman

3 March – Surrey Hills

Alan Ray

17 March – Malvern

Graham Ray

F 46 Travel – Full Year

Coordinator – Pam O'Brien

Presenters are all U3A Deepdene members

6 February *Hidden London gems*

Sue Steegstra

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

Suzanne Hume

20 February *Churches in Dublin*

Beth Perrigo

27 February *Exploring Scotland: looking for Harry Potter*

Jan Dods

6 March *Lake Eyre in flood*

Judy Still

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

John Manton

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

Errol Muir

27 March *Travels in Portugal, north of the Douro River and east of Lisbon*

Brent Campbell

Fridays 11.00am – 12.30pm

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

Zoom and on the screen at Balwyn Park Centre

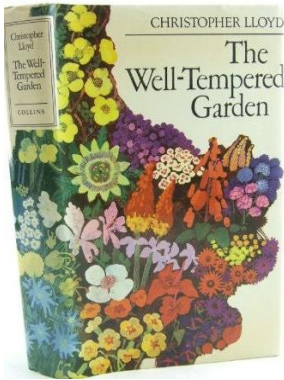
LITERATURE

S 34 Panel discussion: Gardens and literature

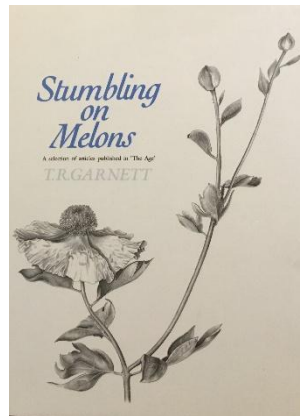
Christine Georgiou, Trish Lele, Suzanne Collings, U3A Deepdene

Join three keen gardeners for a lively discussion of gardening books, followed by a friendly morning tea. Books to be discussed might include:

The Well-Tempered Garden by Christopher Lloyd is a marvellous book, reflecting immense learning, written by an irascible, often opinionated, even snobbish Kings College Cambridge graduate. He writes beautifully, having for years written weekly columns for *Country Life*.



Reading **Stumbling on Melons** by TA Garnett, former Headmaster of Geelong Grammar, who gardened at St Erth, one is not surprised to learn that he has the blood of a literary family in his veins. Bring along one of your favourite gardening books to share at this event!



Thursday 10.00am – 12 noon
5 February
Balwyn Park Centre

COMING UP IN TERM 2:

- Ken Wheat will be presenting a series on the poet, Robert Frost.
- Sue Tweg will give presentation/s on Shakespeare

S 35 Play reading

Lilian Cohen, U3A Deepdene

Do you enjoy drama? Perhaps you have been involved in amateur theatre, or maybe you harbour an unfulfilled dream to be a thespian. An opportunity to participate in reading aloud a different play each term, without the need to commit one's part to memory.

Cost: \$5 to cover hiring and postage of the scripts for the selected play, to be paid to the class monitor at the first session
(2) Thursdays 2.00pm – 3.30pm
12, 19 February

Balwyn Park Centre

S 36 Panel discussion: Girl with a Pearl Earring

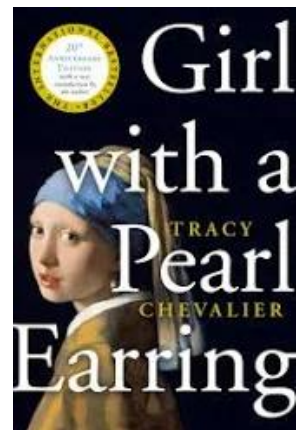
Sandy Curnow, Janie Gibson, Anna Harley, U3A Deepdene

Girl with a Pearl Earring, Tracy Chevalier's much-loved novel, has become a modern classic. Historical fiction at its best.

It was inspired by Vermeer's portrait of a young girl that has long intrigued art lovers with its combination of beauty and mystery. But what is the real story behind the painting? And how does Chevalier's plot differ? And why does it have such powerful appeal whilst giving us insights into what life was really like in the Dutch Golden Age? Join us to explore these themes and to enjoy a relaxed morning tea to follow.

Tuesday 10.30am – 12 noon
10 March

Balwyn Park Centre



Full Year Book Groups

Asterisked groups described separately

F 01 Readers' rendezvous (1st Monday)

Trish Lele

Mondays 1.30pm – 3.00pm

Zoom

F 02 Alston readers (4th Monday)

Jan Beards

Mondays 1.30pm – 3.00pm

Alston Halls, Deepdene Uniting Church

F 03 Exploring history in fact and fiction

Tuesday once a term

Kamoya Peterson

Tuesday 1.30pm – 3.00pm

Term 1 date: 10 March

Stradbroke Park Pavilion

F 04 'Whodunits' (3rd Tuesday)

Roz Berman

Tuesdays 1.30pm – 3.00pm

Stradbroke Park Pavillion

F 05 Terra Australis book group (1st Wednesday)

Fiona Malcolm

Wednesdays 10.00am – 11.30am

Alston Halls, Deepdene Uniting Church

F 06 Reading great literature (weekly)

Christine Watters

Thursdays 12 noon – 1.30pm

Weekly

Alston Halls, Deepdene Uniting Church

F 07 Crime fiction book group (1st Thursday)

Robert Lyons

Thursday 2.00pm – 3.30pm

Balwyn Park Centre

F 08 Men's book group*

John Kidman

Thursday 2.00pm – 3.30pm

Term 1 date: 12 March

Balwyn Park Centre

F 09 Biography book group*

Susie White

Thursday 2.00pm – 3.30pm

Term 1 date: 19 March

Zoom

F 08 Men's Book Group (Full Year)

Leader: John Kidman, U3A Deepdene

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

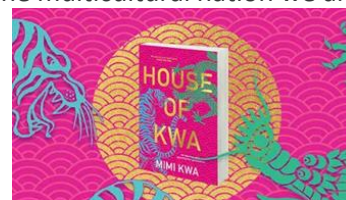
Term 1 date: 12 March

Balwyn Park Centre

F 09 Biography Book Group (Full Year)

Leader: Susie White, U3A Deepdene

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 2.00pm – 3.30pm

Term 1 date: 19 March

Zoom

MUSIC and DANCE

Full Year Music Session

F 12 *Singing for pleasure*

Stuart Shearman, U3A Deepdene



Everyone needs to sing ... and 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 you can read music and have a good sense of pitch.

New members are welcome.

Music selected will depend on the vocal abilities and types of voices of the members. There will be a charge for music (about \$5 per term), which should be paid to the class monitor when requested. We will be led by Stuart Shearman and initially accompanied by Helen Thomas, U3A Deepdene.

We meet weekly: Mondays 1.30pm – 3.00pm

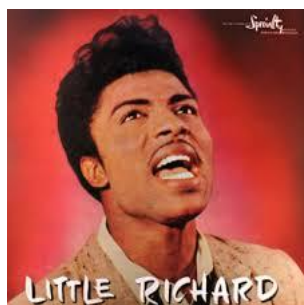
Let's keep the choir going and who knows what we may achieve!

Main Hall, Deepdene Uniting Church

S 37 *Musical exuberance – Little Richard, his huge contribution to rock and roll*

Adrian Rossi

Little Richard was an influential figure in popular music and culture for seven decades. Referred to as the 'architect of rock and roll', Richard's most celebrated work dates from the mid-1950s, when his charismatic showmanship and dynamic music, characterised by frenetic piano playing, pounding backbeat and powerful raspy vocals, laid the foundation for rock and roll. He influenced singers and musicians across musical genres from rock to hip hop; his music helped shape rhythm and blues for generations.



Wednesday 1.30pm – 3.00pm

18 February

Balwyn Park Centre

See also under History & Culture

A lecture with Dr Michael Adcock, 19th century art historian, Academy Travel tour guide, University of Melbourne lecturer

S 30 *The republic of pleasure: the cafés, writers, artists and singers of bohemian Montmartre (19th century)*

This lecture will provide a virtual visit to the hill of Montmartre which, during the Third Republic, became the epicentre of a vivid entertainment industry that attracted performers and audiences from around the world. It will include rare recordings of Bruant and Guilbert in performance.

Tuesday, 3 March 1.30 pm – 3.00 pm

Balwyn Park Centre

S 38 *Ballet*

Julie Holder, U3A Deepdene

We are trying something different with ballet in 2026.

Led by Julie Holder, we will coordinate our sessions with the opera and ballet season at Balwyn cinema. So, for 2026 our first ballet will be *Wolf Works* performed by the Royal Ballet at Convent Garden, London. Join us at Balwyn cinema at 11am on Wednesday 18 March 2026, followed by lunch/coffee at a local café.

Cinema and lunch at own expense.

Wolf Works was the first full-length ballet created by Wayne McGregor for the Royal Ballet. The work premiered in 2015 and McGregor was awarded Critics Circle National Dance Award for Best Classical Choreography, as well as Best New Dance Production, at the Olivier Awards.



Wednesday 11.00am – 3.00pm

18 March

Balwyn Cinema

S 39 Musical exuberance – saluting Stephen Sondheim

Janie Gibson, U3A Deepdene

One of the most recognisable names in all of Broadway history, Stephen Sondheim is beloved by many for his extensive repertoire of musicals, ranging from short-lived Broadway productions to best-selling, multi-revived Broadway hits. Throughout his career, Sondheim wrote the music and lyrics for close to 20 full-length musicals. Over the course of his nearly 70-year career he was nominated for numerous Tony Awards, nearly 20 Grammy Awards and an Academy Award, amongst dozens of other awards, with his musicals earning many more. Although he died in November 2021 at the age of 90, his body of work has left the theatrical community with an unforgettable legacy, and his repertoire is honoured and adored by artists and audiences alike.



Wednesday 1.30pm – 3.00pm
25 March

Balwyn Park Centre

We have a range of practical music classes included in our Full Year Program.

- Singing
- Recorders – two levels
- Recorder ensemble – two levels
- String orchestra – two levels

PERSPECTIVES ON SOCIETY

S 40 Lunchtime conversation on Tuesday

Vince Giuca, Ken Parker and Bruce Pullbrook, U3A Deepdene



Take a break, bring your lunch and join us every Tuesday at lunchtime for thought-provoking conversations on today's most pressing issues. Each session focuses on a different topic shaping our world – from the political influence of emerging technologies to global diplomacy and the environmental impact of government decisions.

We'll start with a short article or video to spark ideas and set the stage, followed by a guided discussion where everyone can share their thoughts in a respectful and open environment. Tea, coffee and biscuits provided. Let's talk about issues that matter.

(8) Tuesdays 12.15pm – 1.15pm

Weekly, starts 3 February

Balwyn Park Centre

S 41 The changing face of Australia

Joe Caputo, Board Member of the Ethnic Communities' Council of Victoria

Joseph Caputo, an active advocate of multiculturalism, will explore what our multiculturalism will mean for the future of this continent. Using an interactive format, he will lead the discussion on how Australia has changed over the decades to become one of the most diverse and multicultural societies in the world.

Australia, as a 'migrant nation', means that, with the exception of the Indigenous people of this country, the rest of the population can trace its background to different parts of the world. What makes Australia's multiculturalism different is that more than half of the current population is made up of people either born overseas or having at least one parent born overseas.

Thursday 2.00pm – 3.00pm

12 February

Balwyn Park Centre

S 42 Touring Israel in length and breadth

Dina Burgess, U3A Deepdene

Israel is a tiny country, just one-third the size of Tasmania. In August 2025, Dina was privileged to participate in an eight-day tour of this narrow strip of land, visiting sites of great significance spanning nearly 4,000 years. Dina will share her experiences – with photographs, in-depth information and insights – about some of the less-visited parts of Israel. Her talk will likewise encompass aspects of Middle East history and geography often overlooked or misunderstood.

Friday 9.30am – 11.00am

13 February

[Zoom](#)

S 43 Treaty: what does it mean for Victorians?

Kimbra White, U3A Deepdene and Boroondara Reconciliation Network

The Victorian Government has made history by putting in place a statewide treaty with the First Peoples of Victoria, the first in Australia – although our nation remains one of the only Commonwealth countries that has not signed a federal treaty or agreement with Indigenous peoples. If you are wondering what is in the Victorian treaty and what impact it may have, then this is the session for you. In a discussion-style format, we will work through all our questions and hopefully find answers.

Friday 9.30am – 11.00am

20 February

[Balwyn Park Centre](#)

S 44 Global political and economic landscape

David Dorward, Associate Professor, LaTrobe University (Retired)

David Dorward will continue his insightful series on key global developments, offering timely updates on some of the most pressing issues shaping our world today. Topics are expected to include the far-reaching consequences of Trump's policies for the US and global economy; a preview of the pivotal 2026 US mid-term congressional elections; the evolving impacts of the Ukraine war and the winter campaign on Russia's political landscape and economy; and the accelerating challenges of climate change.

(3) Mondays 9.30am – 11.00am

2, 16, 23 March

[Zoom](#)

S 45 Crime & crime prevention in our world

Ian Hundley, U3A Deepdene

Public concerns about crime fill the media these days. Many households have experienced crimes including burglaries, aggravated burglaries and theft of motor vehicles. Social media and AI-related crimes, including those that affect younger people, are on the rise. Crimes of violence and profit-taking related to illegal tobacco sales and public-sector projects receive regular reportage. The presentation, by a long-term Neighbourhood Watch participant, together with accompanying discussion, will focus on causes, trends and possible remedies.

Wednesday 1.30pm – 3.00pm

18 March

[Balwyn Park Centre](#)

S 46 Conflict & language rights: Reflections

Professor Joseph Lo Bianco, Language and Literacy Education, Melbourne Graduate School of Education, University of Melbourne

Join us for an inspiring talk with Professor Lo Bianco as he shares first-hand insights from decades of UN-funded (UNESCO and UNICEF) initiatives across South and Southeast Asia – including Myanmar, Sri Lanka, Thailand, Malaysia, Cambodia and beyond – and their relevance to Australia.

Drawing on his extensive experience developing language policies that foster peaceful co-existence among ethnic and Indigenous communities, Professor Lo Bianco will explore how language can both fuel conflict and build harmony in multilingual societies. He will discuss innovative, peace-promoting measures he has designed and implemented in collaboration with local communities – and reflect on what these lessons mean for Australia, home to its own rich linguistic and cultural diversity.

Thursday 2.00pm – 3.30pm

19 March

[Balwyn Park Centre](#)

S 47 Israel–Palestine: whose story?

Dan Rabinovici, U3A Deepdene

History looks different depending on who is telling it. This talk explores how Israelis and Palestinians understand the same events in fundamentally different ways, and why both perspectives matter. We'll look at some key moments in the region's history, examining how the same facts can lead to different conclusions. Examining competing narratives side by side, we can better understand why this conflict has proven so difficult to resolve. No prior knowledge required, just an open mind and willingness to engage with challenging questions.

Friday 10.00am – 11.15am

20 March

Balwyn Park Centre

Full Year Courses

F 30, F 31 Issues and current affairs – Monday

Group A 9.45am – 10.45am *Zoom*

Group B 11.00am – 12.15pm *Balwyn*

Park Centre

F 37 Politics and current affairs – Thursday

Group A 10.00am – 11.30am *Zoom*

AFTER RETIREMENT

S 48 The gift of clarity: planning ahead together

Melanie Cooke

A non-threatening, four-part workshop series brought to you by 'The Practical Doula'. An end-of-life doula is a non-medical, non-clinical professional who provides compassionate, practical and emotional support to individuals and families as they navigate the end of life. Together, we will explore what matters most for you, what an end-of-life doula does, identifying your values and documentation.

(4) Mondays 2.00pm – 3.30pm

9, 23 February; 16, 23 March

Balwyn Park Centre

S 49 Estate planning

Simran Joshi, Eastern Bridge Lawyers

What happens if you don't plan ahead? What is the cost of dying intestate and why do you need a will? Simran will discuss estate planning, powers of attorney, why they matter and the benefits of early planning

Tuesday 1.30 – 3.00pm

17 March

Balwyn Park Centre

Ideas for presentations/classes

Do you have suggestions for our program?

Contact the co-ordinators of the various categories or email

Short Course Program Coordinator, Judy Still, at

deepdeneu3ashortcourses@gmail.com

TECHNOLOGY

The courses within the Technology program are a response to the expressed needs and interests of members. If you are looking for a technology course that is not listed, please let us know. Please be aware that some of the technology sessions will be delivered through Zoom. Some courses are 'hands-on', where you will learn how to use your own device. The course description for these courses will indicate whether you will need to have access to a device.

Please note that U3A Deepdene committee and presenters do not accept liability for any consequences to your computer or mobile device in acting on any information you obtain at these classes.

S 50 Absolute beginners AI

Ken Wilson, U3A Deepdene

Artificial Intelligence is now impacting all of our lives. This course, **for those with no experience in AI**, will explain what it is and introduce you to ChatGPT, a major provider in the field. You will explore ways to use AI and then be able to undertake additional sessions during the year that assume some knowledge. Bring your laptop, phone or tablet to participate.

Limit: 15 participants

Tuesday 10.30am – 12 noon

10 February

Balwyn Park Centre

S 51 Introduction to Facebook

Karin Watts, U3A Deepdene

This session is designed for beginners who want to explore Facebook and understand how to use it safely and effectively. Participants will learn how to create a Facebook account, navigate the home page, connect with friends and family and share updates, photos and messages. The session will also introduce key features such as privacy and security, ensuring participants understand how to manage their personal information and control who sees their posts. By the end of the session, learners will have the skills to use Facebook to stay connected while keeping their accounts secure. The session includes hands-on demonstrations and practical exercises, allowing participants to follow along on their own devices or observe a guided walkthrough.

Limit: 10 participants

Monday 1.30pm – 3.00pm

23 February

Balwyn Park Centre

S 52 The art of prompting: talking so AI listens

Tim Hodgetts, U3A Deepdene

In this workshop you will learn why prompts matter and explore prompt structures (context, instruction, format, constraints) for effective AI activity. We will cover role prompting, few-shot learning, and chain-of-thought prompts and create a 'prompt library' for personal use.

Limit: 15 participants

Tuesday 10.30am – 12 noon

24 February

Balwyn Park Centre

S 53 Artificial Intelligence and its impact on society

Gerald Hughes, U3A Deepdene

This talk will discuss the profound transformations of AI within healthcare, transportation, customer service, employment, investment and utilities. In healthcare, AI enhances diagnostic accuracy, personalises treatments, and streamlines administrative functions. In transportation, it fosters greater efficiency and safety through autonomous systems and intelligent traffic management. Customer service is rendered more effective and responsive via automated agents. While the potential for economic and societal advancement is pronounced, AI's proliferation also engenders noteworthy challenges. A major impediment is societal resistance to change. Prevailing anxieties concerning employment displacement, mistrust of the technology's opaque mechanisms, and profound apprehensions regarding privacy and ethical use of data persist. Cultural reservations and ethical concerns, particularly surrounding surveillance and bias, further compound reluctance to embrace AI-driven innovation.

Wednesday 9.30am – 11.00am

25 February

Zoom

S 54 Apple watch

Jan Dodds, U3A Deepdene

This face-to-face session introduces participants to the practical features and everyday benefits of Apple's wearable technology. Learners will explore how to set up and personalise their health data on their watch, track activity and heart health, fall detection and emergency SOS, use Siri, and stay connected through calls and messages. The workshop combines live demonstrations with guided practice.

Limit: 10 participants

Wednesday 1.30pm – 3.00pm

11 March

Balwyn Park Centre

S 55 Editing your photos on phones and tablets

Karin Watts, U3A Deepdene

Learn how to improve/edit the photos taken on your phone/tablet and then how to sort them into folders, plus share them with family, social media or save them to your laptop. Whilst the demonstration will be on an iPhone, the same principles will apply to Android phones.

Limit: 10 participants

Monday 1.30pm – 3.00pm

16 March

Balwyn Park Centre

S 56 AI for communication and document work

Errol Muir, U3A Deepdene

In this workshop we will explore drafting emails, writing agendas, or business, strata or committee communications, formal letters and other AI-supported writing and document preparation. We will learn how to achieve structured output formats (tables, bullet points, numbered lists) and how to make tone adjustments and adapt communication to suit the audience.

Limit: 15 participants

Tuesday 10.30am – 12 noon

24 March

Balwyn Park Centre

S 57 IT security: protecting devices and data in a digital world

Gerald Hughes, U3A Deepdene

This presentation addresses fundamental issues of IT safety and security in today's digital environment. Key topics include the protection of devices and cloud-based data, risks associated with lost or stolen equipment, and prevalent threats such as scams, phishing and hacking. Attendees will be informed of best practices for safeguarding information, including the use of strong passwords, two-factor authentication, regular updates and prompt response to security incidents. The session underscores the importance of vigilance and personal responsibility in mitigating cybersecurity risks.

Wednesday 9.30am – 11.00am

25 March

Zoom

Have you an idea a request or a query about possible Technology presentations or workshops for future programs?

Contact Errol Muir

Deepdene Technology

deepdeneu3atechnology@gmail.com

MISCELLANEOUS ACTIVITIES

Some FULL YEAR courses to keep you busy!!

See 'Extending Your Thinking' in the FY

Program

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. Beginners are welcome to join the group

Chess sets will be provided by U3A Deepdene.

Mondays 11.30am – 1.00pm Weekly

Stradbroke Park Pavilion

F 33 Scrabble

Bev Walsh, U3A Deepdene

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

Tuesdays 1.00pm – 3.00pm Weekly

Balwyn Park Centre, Garden Room

F 34 Eastern style Mahjong

*Swee Wah, Mak Elaine Chin, Michelle
Chee, U3A Deepdene*

Come along and join us for an afternoon of eastern style mahjong. We accept people of all abilities.

Wednesdays 12.30pm – 3.00pm Weekly

Stradbroke Park Pavilion

F 35 Trivia

A leader is yet to be confirmed

We hope this very enjoyable activity will continue in 2026.

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 1.30pm – 3.00pm

First Wednesday each month during the term.

Balwyn Park Centre

F 42 Mahjong

Caryl Hogg, U3A Deepdene

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 1.00pm – 3.00pm Weekly

Stradbroke Park Pavilion

U3A Deepdene Internal

S 58 Discerning Diners

Anne Kemp, U3A Deepdene

Our first 'Discerning Diners' event for 2026!

This *special occasion* event brings together people who like to enjoy fine dining, good food, interesting wines with great company.

The venue for Term 1 2026 is **Ali Qapu, 840**

High Street, Kew East 3102

Experience Persia in Melbourne

At Ali Qapu, we bring the authentic flavors of Persia to Melbourne. From our signature kebabs to traditional stews, every dish is crafted with care and passion. Step in and experience warm hospitality and the rich taste of Persian culture.

Anne will send an updated menu to those who register. Please let her know of any food allergies.

<https://thealigapu.com/>

Thursday 6.30 pm

March 19

Places: 16

External Courses

S 59 BOCCE

Sonya Velo, Secretary, Veneto Club

Looking to add a little movement, laughter, and social connection to your week? Then don't miss the **Term 1 Bocce Course at The Veneto Club, which starts in Term 1, 2026 – on 9th February 2026**. This six-week program is designed to get you moving, thinking, and connecting—all while having a great time!

What to Expect

This isn't the "old-fashioned bocce" you might remember. This Bocce Program, developed by the Veneto Club, is full of variety and movement, with new games and team activities each week. We use coloured synthetic balls to make it easy for everyone. You'll steadily build your bowling skills, improve hand-eye coordination, and enjoy gentle exercise in a supportive, inclusive environment.

Whether you're new to Bocce or looking to sharpen your skills, the program is suitable for all genders and all abilities. Each week, teams are reshuffled, so you'll meet and play with different people, making it a great way to expand your social circle while having a ball—literally!

This program is offered to multiple U3A organisations, so you truly will get to expand your circle as you meet players from adjoining municipalities.

All equipment is provided, and the games are designed to be progressive, meaning you'll learn as you go, regardless of your starting level. Feedback to date has been overwhelmingly positive—lots of smiles, great stories, and some pretty fancy bowling moves.

Why the Veneto Club?

Undercover bocce courts – perfect in any weather

Free parking

On-site bistro – stay after the game for coffee, cake, or even lunch

Welcoming atmosphere and community spirit

Ready to roll? So what are you waiting for? Come and try bocce—where the games are friendly, the laughs are plenty, and the benefits are real.

U3A Deepdene members intending to join this group should enrol through U3A Deepdene.

Term 1 Course Dates: Monday mornings from 9th February 2026 (no games on 9th March); last week is 23rd March 2026

Time: Arrive at 10:15am for a 10:30am start – we wrap up at 12 noon

Cost: Just \$5 per week – cash payment on the day

Venue: *Veneto Club, 191 Bulleen Rd, Bulleen*

S 60 Cards – 500 and Solo

David Embury, U3A Box Hill

Instruction in either or both of these card games provided for beginners or those who have not played for some time.

Supervised games arranged for more experienced players.

(Members of U3A Deepdene may join this course as guests of U3A Box Hill.)

U3A Deepdene members intending to join this group should enrol through U3A Deepdene.

Tuesdays 2.00pm – 4.00pm Weekly

U3A Box Hill – Main Hall, 29 Strabane Avenue, Mont Albert North

S 61 Eastern Mahjong

Angela Fung, U3A Box Hill

Come along for some instruction and lots of time to play eastern style mahjong on a Monday afternoon.

(Members of U3A Deepdene may join this course as guests of U3A Box Hill.)

U3A Deepdene members intending to join this group should enrol through U3A Deepdene.

Mondays 1.00pm – 3.30pm Weekly

U3A Box Hill – Main Hall, 29 Strabane Avenue, Mont Albert North

VISITS AND OUTINGS

V 01 St Anthony's Church, Hawthorn

Leader: Angela Padula, U3A Deepdene

St Anthony's Capuchin Friary Church in Hawthorn is dedicated to St Anthony of Padua. It was built in the 1960s with the generous participation of the Italian community of Melbourne and is operated by the Capuchin friars.

This remarkable building captures the essence of Italian heritage through its stunning marble interiors and breathtaking artwork. The church is not just a place of worship but also a feast for the eyes. It features a striking mosaic crucifixion behind the altar, alongside a large statue of St Anthony holding the infant Jesus, which draws admiration from all who visit. The Capuchin friars, known for their kindness and humility, enrich the spiritual experience by providing sacramental opportunities throughout the week, including reconciliation. With its beautiful ceiling paintings and a tranquil ambiance, St Anthony's serves as a haven for those seeking solace and connection, making it a must-visit destination for worship and contemplation.

Wednesday 1.30pm – 3.00pm

18 February

Limit: 20 participants

Trams 70 and 75 go to the church or there is a car park there.

V 02 Potter Museum of Art: A Velvet Ant

Leader: Judy Still, U3A Deepdene

Come along to see the newly renovated Potter Museum of Art. It reopened in May 2025 after being closed since 2018.

The exhibition: 'A Velvet Ant' is curated by Chus Martinez. It looks at ecology and human interaction with the environment and AI.

10:50am start: meet inside foyer of the gallery.

Potter Museum of Art

University of Melbourne

Corner Swanston Street and Masson Road
Parkville

Getting there –

TRAM: The closest tram stop is at Swanston Street and Grattan Street corner (Stop 1 – University of Melbourne), a short walk from the museum. The Swanston Street trams include routes: 1, 3/3a, 5, 6, 16, 64, 67, and 72.

TRAIN: The nearest train stations are Melbourne Central, State Library and Flagstaff. From these stations you can take a tram along Swanston Street to reach the university.

Limit: 10 participants

Cost: free

Morning tea or lunch at the museum's café, "Residence", is at own expense.

Details to be arranged.

Wednesday 10.50am – 12.30pm

11 March

Potter Museum of Art

Looking for more visits & Outings?

Each vacation, Anne Kemp coordinates a

U3A DEEPEDENE VACATION PROGRAM



Jaunty January

runs from 19 January – 30 January

Important information about ENROLMENTS in:



News and Views
Short Courses
Technology Courses
Full Year Courses

Enrolments for all sections of our program must be done online.

The complete Term 1 2026 Program will be online on MyU3A by Monday 1 December.
Enrolments will be open then.

**At the beginning of the vacation, the office will be open
9.30am – 12 noon on Monday 8 December**


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 30 January
10.00am – 2.00pm**

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 12 for other venues)

Postal address:

PO Box 3149, Cotham PO, Kew 3101

Phone:

9817 7736 during office hours or 0408 019 815 at other times

Email:

u3adeepdeneinc@gmail.com

Website:

www.u3adeepdene.org.au