



THE UNIVERSITY OF THE THIRD AGE

U3A Dandenong Inc

2023 Courses

9 November 2022

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1 Exercise

231EXE01: Exercise Class

Dates: 06/02/2023 - 20/11/2023

Frequency: Weekly Course, Mon 9:00 - 10:00

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: Lolita Briones

This class is for Seniors and beginners who wants regular activity for good health especially important as we get older. We want to imply the message “ Use it or Lose it “ among members. Some of our objectives are: to build strength, stamina and energy levels. To stay mobile and independent, reduce the risk of having injury from falls. Joining the class will help us to stay connected with others and to be part of the community. Most of suffers from joint stiffness and struggle with our balance and not being active is a big health risk. The class starts with warm-up exercises to stimulate the body circulation. Mainly we do standing and seated exercises with the use of weights, resistance bands and balls. There are exercises challenging to some and to those who are capable and really wants to sweat this is not a problem. We would like to comply with everyone needs so we have demo pictures pinned on the walls that is manageable for members to follow. Reminding everyone to listen what your bodies can do. The class ends up with cooling off stretching and balancing and if times allow we include short version of yoga to immerse with the energy we have just accomplished. This class no matter what age, weight, health problems and abilities we encourage you to move more and sit less.

231EXE02: Tai-Chi/ Qigong

Dates: 06/02/2023 - 20/11/2023

Frequency: Weekly Course, Mon 10:30 - 11:30

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Lolita Briones

venue Change to POD main Hall as of 28/02/2022. The public awareness of many positive health benefits of Tai-Chi/ Qigong is rising that even some health professionals recognised and recommend its unique benefits to improve both physical and mental health. It is in line with the Chinese principle of Yin and Yang. It is suitable for all age group , very convenient, you can practice indoors or outdoors, with or without equipment, alone or in groups. Our class starts with Chinese warm up exercises we love doing the Shibashi movements to loosen our joints and muscles and to reduce the risks of strains or injuries. Mainly we focus on doing 8 and 12 forms based on Yang style Tai-Chi which is popular with beginners. We move towards getting familiar with the 24 form by the end of second semester. We spend some time doing Qigong which is slightly different from Tai-Chi. Some they call it the mother of Tai-Chi and it focus a lot in reviving your bio personal energy or Qi(Chi). We do not use the martial aspect of Tai-Chi but a gentle slow graceful pace. There is no use of aids or tools - that is more for further Tai-Chi study. Instead, we have beautiful music to inspire us. We practice a lot of breathing, stretching and balancing since most Tai-Chi movements involves all the above. It is often describe as a moving meditation and you get better and better with practice. By the end of the class, we should all feel relax and calm.

232EXE03: Hiking

Dates: 07/02/2023 - 21/11/2023

Frequency: Monthly, Tue 9:30 - 14:00

Location: Various locations group notified by Tutor

Tutor/Coordinator: Raelene Curtis

The group meets at pre-determined locations not too far afield from Dandenong in bushland, on the 1st Tuesday of each month to give us the opportunity to hike in our great outdoors. Usually commence at 9.30am or 10 and take a morning tea break around 11am then lunch at about 12:30pm. All food and drinks are BYO. All up we hike about 8-12 kms each time. It's surprising the number of options available to us. Along the way we will discuss the different roles and responsibilities of running a hike, and offer the opportunity to the group to take a turn at planning and running a hike. Details of hikes will be emailed one or two weeks prior, with all arrangement. Carpooling is encouraged. A coffee shop is often sought at the end of the hike.

moderate level of fitness required All food and drinks are BYO.

233EXE04: Easy Rider Cycling

Dates: 08/02/2023 - 22/11/2023

Frequency: Weekly Course, Wed 8:30 - 12:00

Location: Various locations group notified by Tutor

Tutor/Coordinator: Marge Angelucci

Usually Meet Blue Bridge (near Webster st) Dandenong Creek Bike Path The group meets Wednesday at pre-determined locations around Dandenong to give us the opportunity to cycle along the many paths following the Dandenong Creek and paths that link to it. The paths are mostly flat, sealed and off road. We usually commence at 8am in Summer, 8.30am in Spring and Autumn and 9am in Winter and take a coffee break around 10am before returning to our start point via a different route. Distance covered is approximately 30 kms. During school holidays we have "special rides". These rides take us on trails further away and we utilize the quieter times on trains. We cycle all year round, the exceptions being hot or rainy days. Assistance given with bicycle problems.

As a guide - Need to be able to ride an average 15kph over a 30k ride. Note Ebike riders welcome. Note Notifications on start locations and times are sent out via emails several days before the ride.

233EXE05: Walking

Dates: 08/02/2023 - 22/11/2023

Frequency: Weekly Course, Wed 9:00 - 11:00

Location: Ross Reserve Memorial Drive Noble Park

Tutor/Coordinator: David Pateman

A casual group of walkers who stroll around the Ross Reserve in Noble Park having a chat as they go. Often followed by a coffee at the RSL. Suitable for different levels of walkers who are unable to participate in bushwalking or hiking but still wish to stay active and challenged.

233EXE06: Line Dancing

Dates: 08/02/2023 - 23/11/2023

Frequency: Weekly Course, Wed 10:00 - 12:30

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Lorraine Bishop

Paddy O'Donoghue Centre - Main Hall Why Line dance? - Because it teaches you to use your body and improves you balance and coordination while releasing the 'feelgood' hormones. Teaching is from 10am for 1/2 to 3/4 hour when we usually learn one or two dances only. Then we have a break for about 15 mins (please bring your own water bottle) Beginners learn basic steps such as vine, shuffle, rocking chair, mambo, stomp, kick ball change, box step and pivot. We have 25 dances in our repertoire in the easy to intermediate category. Keep moving - Staying on beat (on time) is critical in any type of dance whether by yourself or with someone else. Steps are only as wide as your shoulders so its easy to do. Improve your confidence even if you feel you have two left feet. It offers a sense of pride and accomplishment and improves your coordination. Lorraine is very patient and doesn't mind going over and over it until you get it. Give it a semester-as you take time to learn to walk or ride a bike, so don't give up on the first session.

234EXE07: Exercise Class

Dates: 09/02/2023 - 23/11/2023

Frequency: Weekly Course, Thu 9:30 - 10:15

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89 K) Dandenong

Tutor/Coordinator: Rikki Davies

GPNS - Netball Courts The class involves exercises designed for over 55. Our aim is to develop physical activity and exercise habits at the same time doing it safely in a fun environment. Tools like weights, balls, resistant bands etc. and include some boxing exercises are used. The class will end with short period of stretching, yoga or meditation. Keeping older members of the community active, mobile and independent as long as possible.

235EXE08: Cycling

Dates: 10/02/2023 - 24/11/2023

Frequency: Weekly Course, Fri 8:30 - 12:00

Location: Various locations group notified by Tutor

Tutor/Coordinator: Craig Gliddon

Usually start at Tirhatuan Park Kriegal Way Dandenong North Our tracks cover a lot of ground and the distances can vary from 30 kms to over 50. We have a coffee stop halfway along the track (usually at 10am) So you will learn where you can find some of the best coffee in our local suburbs The coffee shops provide an opportunity for a coffee, and spirited conversation. Sometimes we include a train ride to extend our range of coffee shops. Our rides do depend on the weather - We don't ride if the temperature is going to reach over 30 degrees and also if it is raining. This group is small in numbers and we would welcome other riders who would be interested in joining us, you would be most welcome. Note start times are 8am in Summer, 8.30 in Spring and Autumn and 9 am in Winter. Start times and locations are emailed out several days before the ride. Cancellations due to weather are sent to members by text message on the morning of the ride.

As a guide - Need to be able to ride an average 17kph over a 40k ride otherwise will have difficulties keeping up with the group. EBike riders welcomed.

2 Games

232GMS01: Mahjong

Dates: 07/02/2023 - 21/11/2023

Frequency: Weekly Course, Tue 11:30 - 13:30

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89 K) Dandenong

Tutor/Coordinator: Jan Ferguson

GPNS - Meeting Room Mahjong is an ancient Chinese game played with numbered tiles, winds and dragons. Players and newcomers are very welcome. We have the playing sets. Just come along to learn/play. You will be welcome.

232GMS02: Scrabble

Dates: 07/02/2023 - 22/11/2023

Frequency: Weekly Course, Tue 14:00 - 16:00

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89 K) Dandenong

Tutor/Coordinator: Els Harris

GPNS - Meeting Room Scrabble – a fun, social board game of words and tactics. Each week we attempt to complete two games of approximately one hour each, against a different opponent each time. Games are supplied, and a few dictionaries are available for use.

234GMS03: Rummi Kub

Dates: 09/02/2023 - 23/11/2023

Frequency: Weekly Course, Thu 13:00 - 15:00

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Gill Sladen

Room 4 Rummy Cub – a social, fun game of skill for 2-4 players with numbered and coloured tiles. The game is based on the card game 'Gin Rummy', collecting sequences of numbers or colour sets. You don't need to have your own game set.

3 History

231HIS01: Genealogy

Dates: 06/02/2023 - 20/11/2023

Frequency: Weekly Course, Mon 9:30 - 11:15

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89 K) Dandenong

Tutor/Coordinator: Gladys Williams

GPNS - Dream Room Genealogy, or the study of your own family ancestors, is very interesting. We look at starting beginners on their journey by giving information about where to search. For those who have started their journey, we look at how we can overcome blocks in finding information such as lack of documents and illegitimacy. We also look at interesting Webcasts regarding such matters as shipping records and the importance of DNA in finding ancestors. We are a friendly group and always ready to help with any difficulty.

231HIS02: Historical Battles

Dates: 06/02/2023 - 20/11/2023

Frequency: Weekly Course, Mon 10:15 - 12:00

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: David Nassau

The American Civil war began in 1861 and finished in 1865. It started off with a desire of the Southern States for independence, The south was agricultural, its economy was based on the production of cotton, but where the problem lay was that the workers were slaves, that had been associated with both the north and south for many years before the war started. The ulcer that was created by the presence of slaves began when a privateer, named the White Lion bought 20 African slaves into America which was then a British colony. These slaves were seized from a Portuguese slave ship. The war was then only considered a punch up and would be over within a day or so. It was reported that a pocket handkerchief would be all that would be need to wipe up the blood that would be spent in the first major battle at Bull Run, so confident that this battle would be just quick victory by the union forces that people came out to watch the show with their lady friends and picnic lunch, that was in July 1861. From then on till Lee surrendered to Grant this war had cost the American people over 700,000 casualties - so much for the idea that it would be over in a day

231HIS05: Historical Battles on zoom

Dates: 06/02/2023 - 20/11/2023

Frequency: Weekly Course, Mon 10:15 - 12:00

Location: On Line using Zoom - Access details provided by Tutor

Tutor/Coordinator: David Nassau

Select this course if you want to join the Historical Battles course on zoom.

A zoom link will be emailed out to those enrolled before the start of the course or after you enroll.

231HIS03: Australian History

Dates: 06/02/2023 - 20/11/2023

Frequency: Weekly Course, Mon 14:15 - 16:00

Location: Latham Crescent Center Latham Crescent Dandenong Tutor/Coordinator: Jeff Woods

Come and explore what Australia's history means for you – how it has shaped the character of the nation. Bring your perceptions and ideas to discuss or influence the friendly debates and conversations we have in our classes. There are possibly about 40 different major historical events in Australia's colonial and post-Federation history. The settlement of modern Australia from 1788 brought with it a tranche of industrialization and societal progress that was taking place in Great Britain and the rest of the world. For the next 2 centuries, Australia was able to amalgamate, consolidate and adapt the progress being made in western countries to the dry continent and put in place a Westminster style of Parliament and democracy. The changes introduced and/or developed, catapulted the country from its nationhood in 1901 to its current first world status. This astronomical development could not have been achieved without the resilience and hard work of Australia's citizens. There is something and some more, for you, to delve into the intrigue, mystery and impact of Australian history on all of us, no matter where you come from or where you want to go.

231HIS04: History of the Ancient Worlds

Dates: 06/02/2023 - 20/11/2023

Frequency: Weekly Course, Mon 12:15 - 14:00

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: Richard Ryan

Ancient history course is initially based around what was called Mesopotamia which now is Iran and Iraq. Egyptian and Greek, and Roman history is also included

4 Hobbies

233HOB01: Drawing/ Painting

Dates: 08/02/2023 - 22/11/2023

Frequency: Weekly Course, Wed 10:00 - 12:00

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: Lorice Lellyett

Drawing and painting class is a group of friendly people who encourage each other, inspire them to achieve high standards and who surprise themselves with their talents. This is a friendly self-help group which requires no previous expertise. Beginners are welcome and can receive guidance and handy hints from other class members, so don't be nervous! Members of this group use a variety of media - graphite pencils, coloured pencils of various kinds, ink, paints including Oil, Acrylic and Water Colours, pastels etc., or even relax with a colouring book. Bring along some pencils/paints and a drawing pad or canvas and you're welcome to join us.

234HOB02: Gardening

Dates: 09/02/2023 - 23/11/2023

Frequency: Weekly Course, Thu 9:00 - 11:00

Location: Noble Park Community Centre Memorial Dve Noble Park

Tutor/Coordinator: Erika & Miguel Belmar & Ivo Gnocato

We are a friendly forum to share gardening experiences and exchange cuttings and plant knowledge. These cuttings are propagated for our own and family gardens as well as providing established plants for our plant sale. We tend to be a self help group, helping and learning from one another. We have two rules we abide by: 1. No whingeing, and 2. No talking over other members of the group. We attempt to have at least one outing to a nursery or garden, and one presentation from someone from another gardening program each semester.

234HOB03: Photography / Photoshop

Dates: 09/02/2023 - 23/11/2023

Frequency: Weekly Course, Thu 10:00 - 12:00

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Tim Keane & Cjeng Toh

POD room 3. We welcome a diverse group of members ranging from beginners to advanced. Topics discussed include the basics of capturing images (cameras, composition and techniques) and using Photoshop-like software for editing and improving images on your computer. Photos can be projected onto screen for positive feedback to members. Members are encouraged to bring their cameras to all sessions and laptops during Photoshop sessions as 'see one, do one, learn one' helps in learning the Photoshop-like software. Field trips to nearby photogenic locations such as buildings, gardens and parks are planned.

234HOB04: Book Club

Dates: 16/02/2023 - 16/11/2023

Frequency: Monthly, Thu 13:00 - 15:00

Location: Endeavour Hills Library 10 Raymond McMahon Blvd Endeavour Hills

Tutor/Coordinator: Alan Beale

We Meet the second Thursday of the month. U3A Dandenong is a member of the Endeavour Hills library's book club program. The program arranges for the supply of a set of up to 10 copies of various popular books. The library has an extensive list of "book club" books featuring both fiction and non-fiction from Australian and International authors. Our book group meets once a month at the library to drop off and discuss the previous book and pick up the next book. At the end of the year the members are invited to vote on the candidate books we will read the following year. The discussions are often in-depth and quite wide ranging. As a group, we work together to develop a better understanding of the intention of the author, or at least what we think it is! We share a common love of reading and a willingness to express our opinions on the books and their authors. We aim to expand our literary horizons by reading a variety of genres.

234HOB05: Knitting & Crochet

Dates: 09/02/2023 - 23/11/2023

Frequency: Weekly Course, Thu 12:30 - 14:30

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89 K) Dandenong

Tutor/Coordinator: Lorraine Bishop

GPNS - Dream Room and has access from the ramp that leads directly to the room or from the GPNC front door. This class is for those who already can and those who want to learn. Margaret and Lorraine are patient tutors. Bring your own project and be inspired by others who share their knowledge. Always wear your U3A Dandenong membership badge and for this group please wear a face mask. If you want to learn to knit, bring one ball of light coloured plain 8 ply (sportsweight) yarn and 4mm needles. If you want to learn to crochet, bring two different light coloured plain balls of yarn in 8 ply (sportsweight), one 4mm hook (the type with a flattened grip area) and a folder in which to put the supplied notes. Expect to join a friendly chatty group. Teaching is one on one but you may not be the only person needing help so bring something else to go on with whilst waiting.

235HOB06: Parchment / Paper Craft

Dates: 10/02/2023 - 24/11/2023

Frequency: Weekly Course, Fri 14:00 - 16:00

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89 K) Dandenong

Tutor/Coordinator: Hind Bruni

GPNS - Meeting Room Parchment Work is done on Plain Vellum, with various tools and many different Patterns. It's a very pretty work – time consuming. Paper Craft such as Iris Folding and Embroidered Cards, are quicker to make. We can make pretty greeting cards, Xmas Tree decorations, shoes for Christening cake. Boxes of various shapes and sizes. Very decorative. Items can be painted or coloured with colouring pencils, oil paints or water colours.

Note – For new participants who want to do parchment craft and don't have their own tools we are unable to source tools for until new supplier is identified.

5 Languages

231LAN01: Italian Conversation

Dates: 06/02/2023 - 20/11/2023

Frequency: Weekly Course, Mon 12:00 - 13:45

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Ivo Gnocato

POD room 4. Learn to speak the language with the aid of a native speaker. Start having conversations in Italian. For the topics discussed may be guided by class members. Topics may include Getting directions – eg where is the train station? Ordering a meal at a restaurant Purchasing items – eg how much is it?

232LAN03: Spanish Language

Dates: 07/02/2023 - 21/11/2023

Frequency: Weekly Course, Tue 10:00 - 11:45

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: Gloria Skalicka

Intermediate and Advanced Levels This class is a continuation of 2022 and will be conducted in Spanish Language. We will continue to learn new vocabulary, as well as further develop reading, comprehension, pronunciation and conversational skills. And we will continue learning Spanish Grammar, according to this level. We will concentrate on studying the geography, history, customs, tradition, as well current affairs in Spanish speaking countries. I will continue to focus on music, art, literature and historical figures throughout history. This will be achieved through discussions, role playing, reading comprehension, oral and written exercises. The objective is to build confidence in speaking the language in a supportive environment, where classes are enjoyed with the active participation and cooperation of all members. Our social activities will also continue be an important part of our class. Students are expected to do some homework to prepare for the next lesson. Class Materials: We will continue with our Spanish Book "Easy Everyday Spanish, Step by Step" Barbara Bregstein, retained from 2022 and I will continue providing resources by e-mail from "Advanced Spanish" Step by Step, Barbara Bregstein and using a selection of contemporary reading articles.

Prerequisites: Anyone who has a moderate level of Spanish grammar, speaking and comprehension skills. This is necessary to be able to communicate and participate with the students in this class.

235LAN06: Spanish - Beginners Conversation

Dates: 10/02/2023 - 24/11/2023

Frequency: Weekly Course, Fri 10:00 - 12:00

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89 K) Dandenong

Tutor/Coordinator: Claudia Céspedes

This course is for very beginners where we will learn to say simple sentences to start having conversations in Spanish. For the topics discussed, I will be guided by class members. Topics may include Getting directions – eg where is the train station? Ordering a meal at a restaurant Purchasing items – eg how much is it?

6 Lifestyle

232LFS01: Current Affairs

Dates: 07/02/2023 - 21/11/2023

Frequency: Weekly Course, Tue 9:30 - 11:30

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89 K) Dandenong

Tutor/Coordinator: Richard Ryan & Rikki Davies

this class will also conducted on zoom (and has a different course code) for those who cannot attend at GPNS This is a very vocal class. The subjects discussed, deal with items of daily news, either from the media or television, like 'Four Corners' and Q and A. The class occasionally has interesting speakers, either from the political world or from individuals like 'Justice of the Peace' or retired tradesmen who are eager to share their experiences. The role of meeting chairperson is shared amongst class members (volunteers only), so that all members have an opportunity to lead the discussion on current affairs topics of their choice. There is a morning tea break part way through the class

First Aider: Rikki Davies

232LFS02: Current Affairs - Zoom

Type: 2 Semesters

Dates: 07/02/2023 - 21/11/2023

Frequency: Weekly Course, Tue 9:30 - 11:30

Location: On Line using Zoom, - Access details provided by Tutor

Tutor/Coordinator: Rikki Davies

Select this course if you want to join the current affairs course using zoom.. Zoom participants are monitored by Rikki who makes sure they have equal opportunity to participate. There is a morning tea break part way through the class

232LFS03: Behavioural Science

Dates: 07/02/2023 - 21/11/2023

Frequency: Weekly Course, Tue 13:00 - 15:00

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: Thelma Paull

Behavioural Science is a course which discusses the issues of behaviour of human beings of all ages and cultures. 'Behaviour' includes the effects and treatment of mental illnesses, social behaviours, the brain and its role, the tasks of living in a community, physical behaviours such as listening, hearing, speaking and our senses, as well as sleeping, habits and personality features such as perfectionism, competitiveness, determination and aggression. A large portion of our Behavioural topics are suggested by the class members, for instance 'Power of the mind over body', 'Replacing a bad habit with a good habit', 'Living with grief and loss', 'Handling frustration', and 'How to stop someone who thinks they are always right'. We have lots of discussions and sharing of information from our lifelong stores of knowledge.

233LFS04: Effective Communication Course

Dates: 08/02/2023 - 22/11/2023

Frequency: Weekly Course, Wed 13:30 - 15:30

Location: Latham Crescent Center Latham Crescent Dandenong

Tutor/Coordinator: Judith Talanoa

The Effective Communications course is designed to assist in developing skills in all aspects of communication: General conversation, how to present impromptu & prepared speeches in front of an audience, debating, writing & reading poetry & short stories, acting in humorous skits. All these help us gain self-confidence & ensure we improve our listening, thinking & speaking skills whilst having fun

234LFS05: Philosophy

Dates: 09/02/2023 - 23/11/2023

Frequency: Weekly Course, Thu 9:30 - 11:30

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89 K) Dandenong

Tutor/Coordinator: David Pateman

GPNS - Meeting Room (Love and Wisdom) this is a non-confronting, non-judgmental discussion group, that try to seek to understand fundamental truths of topical subjects of ethics, thought, existence, meaning, time and values with deeper understanding. Topics vary from week to week. 4r's of Philosophy – responsiveness, reflection, reason, re-evaluation.

7 Music

235MUS01: Singing Group

Dates: 10/02/2023 - 24/11/2023

Frequency: Weekly Course, Fri 10:00 - 12:00

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Dorothea Kassell

POD - Rm 6 We have a happy singing group on Friday mornings. The format is laptop with TV . This works well with everyone having an input on the songs we choose, so quite a variety of artists. The group is welcoming and happy to have new members, with singing we feel 'The more the merrier' goes. Come and check it out any Friday.

235MUS02: Karaoke

Dates: 10/02/2023 - 24/11/2023

Frequency: Weekly Course, Fri 12:30 - 14:30

Location: Paddy O'Donoghue Center 18 Buckley St Noble Park

Tutor/Coordinator: Romaine Siriwardene

Participation in Karaoke helps strengthen and exercise vocal chords, which like any other muscle in the body needs this, as every Health Expert will tell you, "if you don't use it you lose it." Music and singing have long been recognised as essential therapy to help relieve stress, anxiety, tension, depression and a good way to "sing your blues away." The good thing about Karaoke is that you do not have to remember steps, sequences and routines, remember things learnt at class and do home work. You also do not have to be an exceptional singer - none of us are. People often say that they cannot sing, which is a fallacy. Anyone can sing if they just pick the correct song to suit their voice. We can connect to YOUTUBE and we have the freedom to pick any old song we please (sometimes even in another language) which has definitely given new members, willing to give it a "go" the ability to realise that they can, after all, SING!!! We are also a small group, not singing in front of a large public audience or arena - so we are free to try, make mistakes and vow to do better next time. You never know how good you could be or how much you could enjoy it, unless you try it.

8 Computer

Currently have a Powerpoint course conducted on zoom for the second semester for the year Planned.

We are working on the timetabling of a computer course – face to face which will most likely be on a Monday or Tuesday
