



THE UNIVERSITY OF THE THIRD AGE

U3A Dandenong Inc

2023 Courses

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Courses Calendar from 09/04/2023 to 30/11/2023

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1.Computers

231CMP01: Computers - Windows 11 basics

Type: Short Course

Dates: 17/04/2023 - 26/06/2023

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

Location: Gloria Pyke Netball Complex Greaves Reserve Milne Circuit (Melways 89K7) Dandenong

Tutor/Coordinator: Clive Gould

Dream Room This is a short course of 5 sessions Windows 11 Basics (note also available via zoom by enrolling in 231CMP09) includes the following topics 1. What is Windows 11 2. What are the differences between Windows 10 and Windows 11 3. Desktop and Start Menu 4. File Explorer 5. Finding Files 6. Opening Apps (programmes) 7. Desktop Icons 8. Changing Text Size 9. Connecting to the Internet 10. Browsing and Safety on the Internet 11. Pinning apps to the Taskbar 12. Anti-virus software and Firewall 13. Keeping your PC up-to-date 14. Shutting down the PC

Your own Lap top is required - if you don't have a Laptop please contact the tutor so that a lap top can be supplied for use during class time and please bring a USB as files are not to be saved on loan laptops

231CMP09: Computers - Windows 11 basics (zoom)

Type: Short Course

Dates: 17/04/2023 - 26/06/2023

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

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

Tutor/Coordinator: Clive Gould

This course is the same as the face to face but is accessible only via zoom - contact tutor for Zoom link This is a short course of 5 sessions Windows 11 Basics includes the following topics 1. What is Windows 11 2. What are the differences between Windows 10 and Windows 11 3. Desktop and Start Menu 4. File Explorer 5. Finding Files 6. Opening Apps (programmes) 7. Desktop Icons 8. Changing Text Size 9. Connecting to the Internet 10. Browsing and Safety on the Internet 11. Pinning apps to the Taskbar 12. Anti-virus software and Firewall 13. Keeping your PC up-to-date 14. Shutting down the PC

232CMP05: PowerPoint application

Type: 1 Semester

Dates: 25/07/2023 - 21/11/2023

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

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

Tutor/Coordinator: Alan Stevenson

PowerPoint is part of the Microsoft Office suite of software that makes it easy to create fun and engaging visual aids presentations. This course will consist of 1 session each week, online, using ZOOM. This course covers the following: Basics: Getting Started How to open PowerPoint How to Save PowerPoint Presentation and Close Settings Basics: PowerPoint's Workspace Views Layouts Create Presentations from Blank Slides Using Templates & Themes Using Transitions & Animation Advanced: Inserting Images Advanced: Inserting Audio & Video. Note: The course is based on PowerPoint 2010, but easily adapted to 2016 version of PowerPoint. Students will need either a desktop computer at home, laptop or tablet with Microsoft PowerPoint software, to participate in the course.

Students will need either a desktop computer at home, laptop or tablet with Microsoft PowerPoint software, to participate in the course

2. Exercise

231EXE01: Exercise Class

Type: 2 Semesters

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

Frequency: Weekly Course, Mon 9:15 - 10:00

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

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.

please wear loose fitting comfortable clothing and sneakers, bring a full water bottle and it is recommended to also bring a small sweat towel

231EXE02: Tai-Chi/ Qigong

Type: 2 Semesters

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

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utor/Coordinator: Lolita Briones

Tis class is very popular and is full

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 24 form by the end of second semester. We spend sometime 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.

please wear loose fitting comfortable clothing and sneakers, bring a full water bottle and it is recommended to also bring a small sweat towel

233EXE05: Walking

Type: Year long

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.

please wear comfortable clothing and walking shoes, bring a full water bottle.

232EXE03: Hiking

Type: Year long

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. please wear appropriate clothing and footwear for hiking, bring a full water bottle. Please comply with details emailed prior to each Hike.

233EXE09: Hiking Wed

Type: Year long

Dates: 15/02/2023 - 15/11/2023

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

Location: Various locations group notified by Tutor

Tutor/Coordinator: Roslyn Steel

The group meets at pre-determined locations in the vicinity of Dandenong and surrounds on the 3rd Wednesday of each month at 9.30am. Bushwalks are approximately 10km, usually on formed walking tracks (a moderate level of fitness is required); stops are made for morning tea and lunch. All food and drinks are BYO. A list of necessary and suggested items to include in a daypack (including a Medical Emergency Form) will be circulated prior to the first hike. Details of the meeting place and hikes will be emailed at least one week prior to the activity, members of the group are encouraged to indicate their attendance or not at last a day prior to the event. Carpooling is encouraged. Usually we will complete the hike about 2pm and have coffee at a coffee shop before returning home. A discussion of the different roles and responsibilities of conducting bushwalking trips, and the opportunity for members of the group to become involved in planning and running a hike will be provided.

moderate level of fitness required All food and drinks are BYO. please wear appropriate clothing and footwear for hiking, bring a full water bottle. Please comply with details emailed prior to each Hike.

233EXE04: Easy Rider Cycling

Type: Year long

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. (some paths may be gravel and quite side streets are often used). 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 utilise 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. Please make sure your bicycle is well maintained and is suitable for riding on bike paths, some of which may be gravel, and on roads. Please make sure you have a spare tube, Pump and some tools with you in case you get a puncture or have an issue with your bicycle. Note Notifications on start locations and times are sent out via emails several days before the ride.

233EXE06: Line Dancing

Type: 2 Semesters

Dates: 15/02/2023 - 23/11/2023

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

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

Tutor/Coordinator: Lorraine Bishop

Paddy O'Donoghue Centre - Main Hall NOTE - No Line Dancing on Second Wednesday of the month Why Line dance? - Because it teaches you to use your body and improves your 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.

Please wear loose fitting comfortable clothing. No need to dress in black cowboy gear or wear special boots. Slacks or dresses are fine but shoes need to allow you to twist on the balls of your feet and not put too much pressure on your knee joints. Bring a full water bottle

234EXE07: Exercise Class

Type: 2 Semesters

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 89K7) Dandenong

Tutor/Coordinator: Rikki Davies

GPNS - Netball Courts The class involves exercises designed for over 55. Our aim is to develop physical activity and exercises 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.

please wear loose fitting comfortable clothing and sneakers, bring a full water bottle and it is recommended to also bring a small sweat towel

235EXE08: Cycling

Type: Year long

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.

Please make sure your bicycle is well maintained and is suitable for riding on bike paths, some of which may be gravel, and on roads. Please make sure you have a spare tube, Pump and some tools with you in case you get a puncture or have an issue with your bicycle. Note Notifications on start locations and times are sent out via emails several days before 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.

3. Games

232GMS01: Mahjong

Type: 2 Semesters

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 89K7) 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

Type: 2 Semesters

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 89K7) 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

Type: 2 Semesters

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.

4. Hobbies

233HOB01: Drawing/ Painting

Type: 2 Semesters

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.

members must supply their own consumables - paper and/or canvases, paints, pencils etc

234HOB02: Gardening

Type: 2 Semesters

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 Belmar

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

Type: 2 Semesters

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

POD room 4. 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.

To gain the most from your course it is recommended that you bring along your camera and laptop with photoshop or similar software. Assistance/advice on set up of laptop may be provided if required.

234HOB04: Book Club

Type: Year long

Dates: 09/02/2023 - 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.

You need to become a library member so you can borrow the books we are reading each month

234HOB05: Knitting & Crochet

Type: 2 Semesters

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 89K7) 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 (sportweight) yarn and 4mm needles. If you want to learn to crochet, bring two different light coloured plain balls of yarn in 8 ply (sportweight), 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.

to participate in this course please bring your own knitting needles, crochet hooks and wool.

235HOB06: Parchment / Paper Craft

Type: 2 Semesters

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 89K7) Dandenong

Tutor/Coordinator: Hind Bruni

GPNS - Meeting Room Parchment Work is done on Plain Vellum, with various tools and many different patterns. It is very pretty work - time consuming. Paper Craft such as Iris Folding and Embroidered Cards. are quicker to make. We can make pretty cards, Xmas decorations, boxes of various shapes and sizes. Very decorative items can be painted or coloured with colouring pencils, Texta pens or water colours.

Participants will be required to provide their own parchment, card stock, pens, pencils etc and embroidery threads for their cards. All details will be given in the first class attended. Note - for new participants who want to do parchment craft and don't have their own tools, we are unable to source tools for them until a new supplier is identified

5. Language

231LAN01: Italian Beginners Conversation

Type: 2 Semesters

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

Type: 2 Semesters

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. because of this you will automatically be put on a waiting list and acceptance into this course is based on the tutors assessment of your Spanish language knowledge. If you are a beginner please enrol in the beginners course. 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

Type: 2 Semesters

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 89K7) Dandenong

Tutor/Coordinator: Claudia Cespedes

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

Type: 2 Semesters

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 89K7) Dandenong

Tutor/Coordinator: Richard Ryan

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, Email, or Access details provided by Tutor

Tutor/Coordinator: Rikki Davies

Select this course if you want to join the current affairs course using zoom. 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. 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

Type: 2 Semesters

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

Type: 2 Semesters

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

Type: 2 Semesters

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 89K7) 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

Type: 2 Semesters

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.
